

A Catalog of Classes, Special Events, Support Groups, Trips, Fitness Activities and Much More

Over 400 activities
inside!

July–December 2010

**ABQ
50+**

Activities Catalog

Fitness page 30

Trips page 5

Events page 15

Dances page 17

Classes page 18

Groups page 36

Sports page 30

Art page 18

Computer page 19

and Much More...



Planet 50+
Look for this logo
for evening and
weekend activities

Trips
5



**Arts
& Crafts**
18, 23



**Fitness
Facilities**
30



CITY OF ALBUQUERQUE
DEPARTMENT OF

Mayor Richard J. Berry



BERNALILLO COUNTY

DEPARTMENT OF SENIOR AFFAIRS

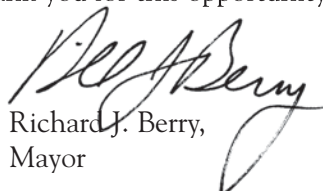
Jorja Armijo-Brasher, Director DSA



Welcome and Thank You

We are proud to present our July–December Activities Catalog! This catalog is loaded with a wide array of activities and all available to you for only \$13 a year! If you have not already joined, we encourage you to explore this catalog and visit one of our fine centers.

Thank you for this opportunity to serve you,



Richard J. Berry,
Mayor



Mayor Richard J. Berry



Jorja Armijo-Brasher


Jorja Armijo Brasher,
Director, Department of Senior Affairs

Using This Catalog

If you have a membership (only \$13 a year) at one location, and are over age 50, you are entitled to participate in all our centers. If a trip or class is filled at your home center, a similar trip or class may be available to you at another.

The activities in this catalog are especially designed for those age 50 and older. Programs funded by the Older Americans Act and the Area Agency on Aging (Home Delivered Meals, Transportation, and Care Coordination) have a minimum age of 60. We also offer programs for people of all ages at Manzano Mesa Multigenerational Center. Some classes and trips require a fee. Other services may request a donation or nominal fee; however, no one is denied services for not contributing. For information on accessing other services, call Senior Information at 764-6400.

Unless otherwise noted:

- Activities are free with membership
- Trip and class sizes are limited
- Activities are first-come first-served
- Most activities require advanced reservations; usually you reserve by calling the center hosting the event to sign up.
- Classes/trips leave from or take place at the center hosting the activity.

Membership

Persons 50 years and older may become center members. Spouses of members who are younger than 50 may also become members. Any person wishing to participate at a senior center is required to obtain a membership card. Membership is \$13 a year and is valid at all six senior centers in Albuquerque, and the Manzano Mesa Multigenerational Center and all 50+ Sports & Fitness Centers.

Americans with Disabilities Act

The City of Albuquerque does not discriminate on the basis of race, color, national origin, ancestry, sex, religion, age or disability in employment or provision of services. If you have a disability and will need special assistance to benefit from an activity or trip offered by a senior center, please call that location at least two weeks prior to the event.



City of Albuquerque Department of Senior Affairs

Vision: To be the community leader, who, in partnership with others, involves seniors in creating and sustaining a community where there is a growing spirit of interdependence that enhances everyone's quality of life.

Mission: Provide opportunities that involve and assist seniors to achieve their potential, live in dignity and share their wisdom.

The City of Albuquerque, Department of Senior Affairs, has been serving Albuquerque and Bernalillo County residents for over thirty years. Through innovative programs and quality services, the Department has evolved into an exemplary model, dedicated to enriching and improving the lives of our community's senior population.

Table of Contents

Center Directory.....	3
General Information	4
Trips.....	5
Monthly Trips.....	5
A "Fare" to Remember.....	5
Day Trips.....	6
Theater Trips	11
Presentations	12
Events.....	15
Dances.....	17
Classes.....	18
Art Classes.....	18
Computer Classes	19–22
Digital Photography	21
Craft Classes	23–26
Self Improvement.....	26
Music Classes.....	28
Language Classes	28
Writing Classes.....	29
Games and Cards	29
Sports and Fitness Classes	30–35
Groups and Clubs	36



City of Albuquerque
Richard J. Berry,
Mayor

David Campbell,
Chief Administrative
Officer

The City of Albuquerque/
Bernalillo County Department
of Senior Affairs Headquarters
is located at 714 7th Street
SW. Program inquiries
may be directed to
April B. Jojola 764-6469 or
ajojola@cabq.gov

Jorja Armijo-Brasher, Director
Department of Senior Affairs
City of Albuquerque

April B. Jojola, Recreation
Division Manager

Department of Senior Affairs Advisory Council

Victoria Godwin, Chairman
Kenneth J. Carson, Sr.
Michele Lujan Grisham
Jeanette Harris
Yumi Johnson

Mary Jaramillo
Tina King
Mary Martinez
Susan White

City Councilors

District 1	Ken Sanchez, President
District 2	Debbie O'Malley
District 3	Isaac Benton
District 4	Brad Winter
District 5	Dan Lewis
District 6	Rey Garduño
District 7	Michael Cook
District 8	Trudy Jones, Vice President
District 9	Don Harris

Center Directory

Barelas
714 7th St. SW
Albuquerque, NM 87102
Miguel Sanchez, Manager
Marie Sinkar, Programmer
Phone: 764-6436 Fax: 764-6472
Monday–Friday, 8:00 am–5:00 pm

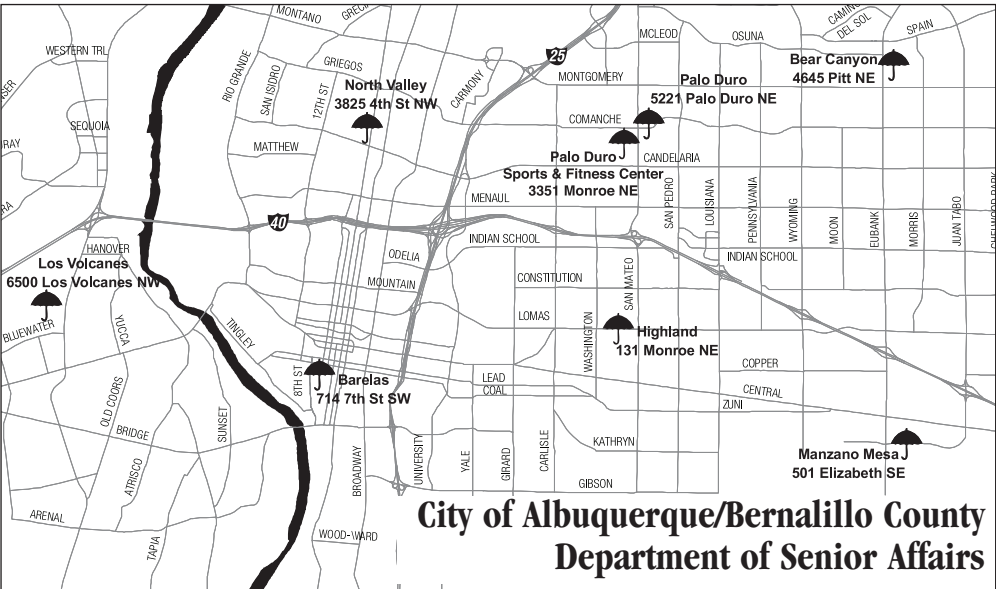
Bear Canyon
4645 Pitt NE,
Albuquerque, NM 87111
Katherine Black, Manager
Cassandra Vigil, Programmer
Phone: 291-6211 Fax: 291-6237
Monday–Friday, 8:00 am–5:00 pm
Thursday, 8:00 am–9:30 pm
Saturday, 9:00 am–3:00 pm
Thursday Night Dance 6:30–9:30 pm

Highland
131 Monroe NE
Albuquerque, NM 87108
Toni Chumash, Manager
Patty Gutierrez, Programmer
Phone: 256-2000 Fax: 256-2004
Monday, Tuesday, Thursday, Friday,
8:00 am–5:00 pm
Wednesday, 8:00 am–7:00 pm
Saturday, 10:00 am–4:00 pm

Los Volcanes
6500 Los Volcanes NW
Albuquerque, NM 87121
James Mader, Manager
Maria Aguero, Programmer
Phone: 836-8745 Fax: 836-8749
Monday–Friday, 8:00 am–5:00 pm
Thursday, 8:00 am–7:00 pm
Saturday, 9:00 am–1:00 pm

North Valley
3825 Fourth St. NW
Albuquerque, NM 87107
Leeann Torres, Manager
Sandra Lucero, Programmer
Phone: 761-4025 Fax: 761-4031
Monday–Friday, 8:00 am–5:00 pm
Tuesday, 8:00 am–8:00 pm
Sunday 12:30–4:30 pm

Palo Duro
5221 Palo Duro NE
Albuquerque, NM 87110
Susan Perea, Manager
Phone: 888-8102 Fax: 888-8107
Monday–Friday, 8:00 am–5:00 pm
Wednesday, 8:00 am–7:00 pm
Saturday, 9:00 am–1:00 pm
Desert Willow Gift Shop
Monday–Friday, 9:00 am–3:00 pm



Multigenerational Centers

Manzano Mesa
Multigenerational Center
501 Elizabeth SE,
Albuquerque, NM 87123
Paul Bonnell, Manager
Ed Nuñez, Operations Manager
Angelina Poulin, Programmer
Phone: 275-8731 Fax: 275-8734
Monday–Friday, 8:00 am–9:00 pm
Saturday, 9:00 am–3:00 pm

COMING SOON
North Domingo Baca
Multigenerational Center

Look for us in early 2011!

Breakfast at the Centers

Enjoy breakfast for just \$1.50
Monday–Friday, 8:00–9:00 am
at all 7 of our centers.

On occasion, breakfast or lunch service
may be cancelled. Check with the front
desk for schedule changes.

Lunch at the Centers

Barelas, Los Volcanes,
North Valley, Manzano Mesa
Reserve for lunch by noon
one working day prior.
Monday–Friday, 11:30 am–12:30 pm
\$2 for 60 and older,
\$3.25 for 50–59, \$5 for guests under
50 (including children)
Our cost to prepare each lunch is
\$4.50. If you are 60 or older, please
donate your fair share to help cover
the expense.

Bear Canyon, Highland,
Palo Duro
Monday–Friday, 11:30 am–1:00 pm
\$3.25 for seniors, \$5 for guests under
50 (including children)

Fitness Centers

Karen Baker, Manager;
Antoinette Sigala, Susan Rice, and Berlinda Padilla,
Health & Wellness Specialists

Palo Duro 50+ Sports and Fitness Center
3351 Monroe NE Albuquerque, NM 87110
Phone: 880-2800
Monday–Friday, 7:00 am–7:00 pm
Saturday, 8:00 am–2:00 pm

Los Volcanes 50+ Sports and Fitness Center
6500 Los Volcanes NW Albuquerque, NM 87121
Phone: 839-3710 Fax: 839-9466
Monday–Friday, 7:00 am–7:00 pm
Saturday, 8:00 am–2:00 pm

Center Closings

Cleaning Closings:
BarelasAugust 16–22
Bear Canyon.....August 23–29
HighlandJuly 19–25
Los VolcanesAugust 9–15
Manzano Mesa.....July 26–August 1
North ValleyJuly 12–18
Palo DuroAugust 2–8
Palo Duro Fitness CtrAug 30–Sept 5
Los Volcanes Fitness CtrSeptember 13–19

Holiday Closings:
Independence Day.....July 5
Labor DaySeptember 6
Thanksgiving Holiday.....November 25–26
ChristmasDecember 24
New Year’s DayDecember 31

Online at: www.cabq.gov/seniors

Mealsites

Nutrition Program Office
1500 Walter SE, Alb, NM 87102
Janie Moya, 764-1524

Alameda Satellite
Raymond G. Sanchez Community Ctr.
9800 4th Street NW, Alb, NM 87114
Antoinette Apodaca, 897-8896

Armijo Satellite
1714 Centro Familiar SW,
Alb, NM 87105, 873-0047

Embudo Towers, Meal Site
8010 Constitution NE, Alb, NM 87110
Janie Moya, 764-1524

Encino Garden Meal Site
412 Alvarado SE, Alb, NM 87108
Julie Day, 266-7736

Encino Terrace Meal Site
609 Encino Place NE, Alb, NM 87102
Elvira Montaña, 247-4185

Holy Family Satellite
562 Atrisco Drive SW, Alb, NM 87105
Viola Abeyta, 843-7695

La Amistad Meal Site
415 Fruit NE, Alb, NM 87102
Esther Bustos, 848-1395

La Mesa/Cesar Chavez Community Ctr
7505 Kathryn Ave SE, Alb, NM 87108
Norma Taylor, 256-2680

Los Duranes Community Center
2920 Leopoldo NW, Alb, NM 87104
Julia Trujillo, 848-1338

Mountain Communities /
Los Vecinos Community Ctr
4781/2 Old Hwy 66, Tijeras, NM 87059
Virginia Gonzales, 314-0242

North Albuquerque Satellite
7701 San Pedro NE, Bldg. K, Alb, NM 87109
Julianna Brooks, 857-8313

Pajarito Satellite
6080 Isleta Blvd SW, Alb, NM 87105
Noel Gutierrez, 873-6617

Paradise Hills Satellite
6000 Chaparral NW, Annex Bld, Alb, NM 87114
America Bencomo, 314-0246

Princess Jeanne Satellite
11401 Indian School Rd. NE, Alb, NM 87112
Primavera Mickie Charles, 291-6298

Rio Bravo Satellite
3910 Isleta Blvd SW, Alb, NM 87105
Maria “Lola” Sedillo, 873-6647

Shalom House Meal Site
5500 Wyoming NE, Alb, NM 87109
Annette Morris, 823-1434

Taylor Ranch Community Center
4900 Kachina St NW, Alb, NM 87120
Paula Azua, 768-6006

Thomas Bell Community Center
3001 University SE, Alb, NM 87106
Ronell Brown, 848-1333

Wainwright Manor Meal Site
5601 Gibson SE, Alb, NM 87108
Janie Moya, 764-1524

Whispering Pines
#6 Lark Road, Tijeras, NM 87059
Lorraine Ortiz, 281-8003

New Member Orientations

The center staff will be on hand to welcome new members and talk about the programs and services. Learn about what our centers have to offer.

Barelas, Room 2
4th Wednesday, 10:00 am
Bear Canyon, Room 1
2nd Friday, 10:00 am
Highland, Room 7
3rd Friday, 12:15–1:00 pm

Volunteer Opportunities

Volunteers are needed at all centers. If you have time, talents, skills, or hobbies and would like to share, please contact the center of your choice.



Friendship Coffee

Chat with old friends and make new ones.

Barelas, Lobby/Social Hall
1st Wednesday, 9:30–10:30 am
Bear Canyon, Social Hall
Tuesday, 9:30–10:30 am
Highland, Lobby
Times vary
Los Volcanes, Social Hall
Thursday, 10:00–11:00 am
Manzano Mesa, Social Hall
Thursday, 10:00–11:00 am
Palo Duro, Cottonwood
Wednesdays, 9:15–10:15 am
North Valley, Social Hall
Times vary, call for information

AARP Driver Safety Program

This eight-hour course is taught in two four-hour sessions over two days. It provides practical techniques for coping with changes in vision, hearing and reaction time, along with a “rules of the road” review. Anyone 50 and older may take this class and may receive a discount on insurance premiums. No tests are involved. \$12/AARP members, \$14/non-members. Make check payable to AARP and bring it to class (cash not accepted). Call for dates and to register.

Bear Canyon, Room 4
3rd Thursday, 12:00 noon–4:00 pm
3rd Saturday, 11:00 am–3:00 pm
Highland, Room 7
1st Thursday, 12:15–4:15 pm
Los Volcanes, Room 2
1st Monday, 9:00 am–12:15 pm
9:00 am–12:15 pm, Brenner
Manzano Mesa, Room 4
1st & 3rd Saturday, 9:00 am–1:00 pm
North Valley, Room 4
1st Monday, 12:30–4:30 pm
Palo Duro, Ponderosa Pine
1st Friday 8:30 am–12:30 pm

Senior Citizen Law Office Legal Clinic

Provides general legal information. Divorces, wills, and criminal issues are not included. Info: Senior Citizen Law Office at 265-2300.

Barelas
July 22, Sept 23, Nov 18, 10:00 am
Highland, Room 7
3rd Tuesday, 2:00–4:00 pm
North Valley, Room 4
3rd Thursday of every month,
9:00–11:00 am
Advance Directive Workshop
(Powers of Attorney, Cremation
Authorization, EMS/DNR)



Center Flea Markets

Shop at the Flea Market for special bargains to find treasures and to satisfy your sweet tooth. Reserve your table at the front desk.

Barelas, Social Hall
Thursday, 8:00 am–1:00 pm
\$1.50 table

Los Volcanes, Lobby
1st Friday, 8:00 am–12:00 noon
\$2 rental

North Valley
Wednesday, 8:00 am–12:00 noon
\$1, \$1.50, \$2 rentals

Pajarito Meal Site
1st Friday, 9:00 am–12:00 noon
\$1 rental per table

Palo Duro Tuesday Marketplace
Ponderosa Pine
Tuesday, 8:00 am–12:00 noon
\$1 rental

Center Gift Shops

Purchase a gift made by seniors. To submit merchandise to sell you must be a member of a senior center and the item must be handmade.

Barelas, Display Case
Everyday, 8:00 am–5:00 pm

Los Volcanes, “Hot Spot”
Monday–Friday, 9:00 am–1:00 pm
Esquibel

Palo Duro, Desert Willow Gift Shop
Monday–Friday, 9:00 am–3:00 pm
Erven

Arts Mart

Seniors are welcome to display their arts and crafts at the Arts Mart. Tables are available to rent at the front desk.

Highland, Lobby
Monday and Friday, 7:30 am setup
8:00 am–12:00 noon
\$2 table rental in advance

Hearing Aid Technician

Sandia Hearing Aids is offering hearing aid technician services including: maintenance, cleaning, changing batteries, wax removal and checking function. All makes and models for a cost of \$2 per hearing aid.

Bear Canyon
1st Tuesday, July, Sept, Nov
9:30–10:30 am

Los Volcanes
2nd Tuesday, every other month
9:00–10:00 am

Notary Service

Available by appointment

Barelas, 764-6436
Palo Duro, 888-8105
Bear Canyon, 291-6211

Recycling Bags

Bags are available at the front desk. Bring in your water bill coupon.

**Barelas, Bear Canyon, Highland,
Los Volcanes, Manzano Mesa,
North Valley, Palo Duro**

Shopping

Trips to Wal-Mart Superstore

Barelas, Sign up at front desk.
Mondays, 9:30–11:15 am
50¢ transportation

Watch Repair

Need a new watch battery replaced, or possibly a new watchband?

Los Volcanes, Lobby
Tuesday, 8:00 am–12:00 noon
Mr. Salazar

Health Insurance and Benefits Counseling

Bear Canyon, Lobby
By appointment only

Department of Senior Affairs Telephone Numbers

Senior Centers

Barelas, 764-6436
Bear Canyon, 291-6211
Los Volcanes, 836-8745
Highland, 256-2000
North Valley, 761-4025
Palo Duro, 888-8102

Fitness & Multigenerational Centers

Manzano Mesa
Multigenerational Center, 275-8731
**Los Volcanes 50+ Sports &
Fitness Center, 839-3710**
**Palo Duro 50+ Sports & Fitness
Center, 880-2800**



Trips

Trip Policies

- To register for trips, present your membership card with your payment.
- Make checks payable to the City of Albuquerque.
- Reserve in person and pay in full.
- Cancel at least 3 days in advance.
- For overnight or day trips that require an advanced payment, a refund will be provided if a replacement is found.
- Remain with group for the entire trip.
- Return times are approximate.
- We require a two-week notice for special accommodations.
- Mileage charges for van use are 5¢ per mile per person and may include driver costs.
- Requests for refunds must be made within 2 weeks of cancellation.

Trip Accessibility

To provide more information on wheelchair accessibility, we are collecting accessibility feedback from trip participants. Those with other disabilities or limited stamina can also use this information to make more informed decisions. We do our best to accurately assess each trip, but we cannot guarantee rating accuracy. **If you have questions or concerns about accessibility, call the destination directly for more information.**

Accessible sites are identified with a wheelchair symbol and a letter “a.”
Sites with one or more known inaccessible features will show the wheelchair symbol in gray; some sites are unrated because of conflicting or unavailable information.



Monthly Trips

Ride & Glide w/ Ron

Enjoy fun-filled trips to mystery destinations. Ron will see to it that you have a wonderful time just exploring the natural beauty of our state.

Bear Canyon
Friday, July 23
Wednesday, August 11
Thursday, September 30
Thursday, October 21
Friday, November 5
Thursday, December 2
Check in: 8:00 am • Return: 4:30 pm
\$6.50 transportation, 5¢ per mile if trip exceeds 100 miles

Ride and Roam with Ron

Join us for a mystery trip somewhere in New Mexico. You are guaranteed to have a fun filled day.

Palo Duro
Friday, July 9
Friday, August 20
Wednesday, September 8
Thursday, October 14
Wednesday, November 17
Friday, December 10
Check in: 8:15 • Return: 4:00 pm
5¢ per mile, transportation, paid upon return, lunch at your own expense

Lunch Bunch

Visit a variety of restaurants in and around town and enjoy a wonderful meal with old and new friends.

Bear Canyon
4th Thursday, July 22, Aug 26,
Sept 23, Oct 28, Nov 18 and Dec 16
Check in: 10:45 am • Return: 2:00 pm
50¢ transportation

Out-To-Dinner

Experience the ambiance and fare at a variety of area restaurants while enjoying the company of friends.

Bear Canyon
1st Monday, July 12, Aug 2,
Sept 13, Oct 4, Nov 1, Dec 6
Check in: 4:45 pm • Return: 8:00 pm
50¢ transportation



A “Fare” To Remember

Trips leave Palo Duro
Sign up at the front desk
Meals at your own expense

Harry’s Roadhouse

Join us as we head down old Las Vegas Highway to enjoy a busy, friendly, art filled community. Harry’s is a diner-style cozy nook with a courtyard and flower garden. Soups, salads, sandwiches, pizza and entrees available.



Thursday, July 15
Check in: 9:30 • Return: 4:00 pm
\$7 transportation

Ponderosa Eatery & Saloon

Established in 1974, Ponderosa eatery is family owned and operated. They pride themselves on providing great customer service and delicious home cooking. Variety of menu selections available.



Wednesday, August 10
Check in: 10:15 • Return: 3:00 pm
\$4.50 transportation

Lamy Station Café

Join us for a memorable meal in this 50’s era Atlantic Coast dining car. Lamy, south of Santa Fe, was established in 1879, when the Atchison, Topeka and Santa Fe Railroad laid its tracks through New Mexico. Soups, salads, and entrees available.



Thursday, September 16
Check in: 9:45 • Return: 4:00 pm
\$8 transportation

Rio Chama Steakhouse

Located in the historic Barrio de Analco, Rio Chama serves steaks, chops and seafood. Enjoy soups, salads, sandwiches and entrees by the fire inside thick adobe walls or on the patio.



Friday, October 22
Check in: 9:30 • Return: 4:00 pm
\$7 transportation

Calico Café

Trek toward the area of Los Ranchos located on the historic (pre-1936) Route 66. You’ll enjoy fresh meals, delicious baked goods and indoor and outdoor seating.



Friday, November 12
Check in: 10:45 • Return: 3:00 pm
\$1.60 transportation

Pueblo Harvest Café

You’ll enjoy native cuisine and experience delicious food. Restaurant features a two-story flagstone fireplace, bakery and gift shop.



Wednesday, December 8
Check in: 10:30 • Return: 3:00 pm
\$1.60 transportation



Trips are first-come first-served. Most require advance registration. Call the host center to sign up.

Day Trips

July

122nd Annual Fiestas de Las Vegas

Las Vegas's oldest and most colorful event, with parades, arts and crafts, food, live music, dancing, veterans' events, fireworks and more.



North Valley
Friday, July 2

Check in: 9:00 am • Return: 3:30 pm
\$11 transportation,
lunch at your own expense

Popcorn Cannery

Tantalize your taste receptors and sensory neurons. A variety of sweet and salty popcorn will be available to purchase.



Palo Duro
Thursday, July 8

Check in: 9:30 am • Return: 2:00 pm
\$1 transportation,
lunch at your own expense at Sadie's

Rio Line Train Ride

The Rio Line travels between the Aquarium & Botanic Garden, Tingley Beach and the Zoo. Enjoy a picnic at Tingley Beach after the 60-minute train ride.



North Valley
Thursday, July 8

Check in: 9:00 am • Return: 2:00 pm
\$1 transportation, \$2 admission,
sack lunches will be provided

Los Volcanes
Friday, July 23

Check in: 9:00 am • Return: 2:00 pm
\$1 transportation, \$2 admission
bring a sack lunch

Santa Fe Farmer's Market

Enjoy the flavors, aromas and colors of New Mexico with the freshest, locally grown produce around. Shop for dried foods, baked goods, jams, jellies, honey and handmade items.



Highland
Saturday, July 10

Check in: 7:30 am
Return: 1:00 pm
\$8 transportation, lunch and other expenses on your own



Forensic Science Center

Learn what forensic science and crime scene investigation is really like. Tour of the two-story building that features such areas as DNA chemistry and firearms.



Bear Canyon

Tuesday, July 13

Check in: 8:45 am • Return: 2:00 pm
\$2 transportation,
lunch at your own expense

Atria Vista del Rio

Experience the land of happy active seniors. Tour this senior community and be their guests for lunch.



Palo Duro

Wednesday, July 14

Check in: 11:00 am • Return: 2:00 pm
50¢ transportation

Santuario de Chimayo

Built as a family chapel from 1816–19, this legendary shrine attracts pilgrims all year long. On Good Friday as many as 30,000 people walk from outlying towns and villages on a pilgrimage of faith. There are hundreds of tales of cures for the faithful who take the miraculous dirt found in the anteroom behind the altar.



Barelas

Thursday, July 15

Check in: 8:00 am • Return: 4:30 pm
\$11 transportation,
bring money for lunch

Unser Racing Museum

A docent will guide us through the exhibits. See motorcycles from the 1900's, Indy & Nascar simulators, trophies, cars, trucks and a special sterling pick-up truck.



Los Volcanes

Friday, July 16

Check in: 9:30 • Return: 2:00 pm
\$1 transportation, \$6 entrance fee,
lunch at your own expense at Sadie's

Palo Duro

Thursday, October 7

Check in: 9:30 • Return: 2:00 pm
\$1 transportation, \$6 entrance fee,
lunch at your own expense at Sadie's

ART Santa Fe International Contemporary Fair

Celebrating its ten-year anniversary, ART Santa Fe is pleased to once again present this well-established event. We expect exhibitors and visitors from around the world.



Bear Canyon

Friday, July 16

Check in: 9:30 am • Return: 4:00 pm
\$8.50 transportation, \$10 admission
fee payable at the Fair, lunch at your own expense

Aurora Borealis Glassworks

See demonstrations on making paper weights, flower pulling and glassblowing. Learn about glassworking tools and equipment.



Bear Canyon

Monday, July 19

Check in: 9:30 am • Return: 1:30 pm
\$2 transportation,
lunch at your own expense

Las Colinas Village

Visit this beautiful retirement community for a tour and lunch.



Palo Duro

Thursday, July 22

Check in: 10:30 am • Return: 3:00 pm
50¢ transportation

Isotopes Game

Grab your cap and glove and get in the swing as the Isotopes play the Nashville Sounds.



Bear Canyon

Monday, July 26

Check in: 11:30 am • Return: 4:00 pm
\$13.50 transportation and admission,
lunch at your own expense

Santa Fe Opera Backstage Tour & Shopping

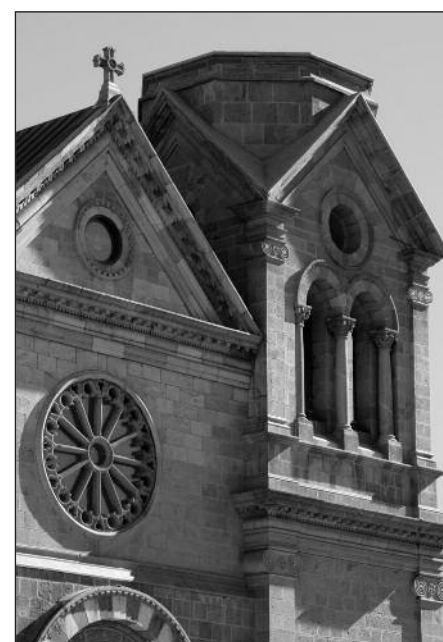
A behind-the-scenes tour of the scene, costume and prop shops. Afterwards we will shop at the mall and have lunch at a restaurant of your choice.



North Valley

Thursday, July 29

Check in: 7:15 am • Return: 3:00 pm
\$8.50 travel, \$5 admission,
lunch at your own expense



A Day in Santa Fe

Board the rail runner in Downtown Albuquerque at 10:35 am and arrive at the Santa Fe Depot at 12:13 pm. Shop and have lunch at one of the many restaurants and return by rail runner at 4:10 pm to arrive in Downtown at 5:38 pm.



Highland

Thursday, July 29

Check in: 9:15 am • Return: 6:00 pm
\$3 transportation, \$6 train ticket,
lunch at your own expense

Ojo Caliente

The only natural hot springs in the world with the remarkable combination of five bubbling waters each is pleasing to your senses.



Barelas

Wednesday, July 29

Check in: 8:00 am • Return: 5:00 pm
\$12 transportation,
\$16 spa admission, bring your own
lunch or purchase lunch at the resort



Most activities require advanced registration. Call the host center for info and to reserve, see page 3 for center directory.

August**Casita Chamisa B&B and Archaeological Talk**

Arnold Sargent will give us a tour of his Bed and Breakfast. We will view the film of the incredible archaeological dig that was done by his late wife, Kit, and her students during their property renovations.

**Bear Canyon****Tuesday, August 3**

Check in: 11:00 am • Return: 3:00 pm
\$2 transportation, lunch at your own expense at Casa de Benavidez

Santo Domingo/St Dominic Pueblo Feast Day

Enjoy this huge Feast Day celebration with dances and great food. No photos.

Bear Canyon**Wednesday, August 4**

Check in: 8:45 am • Return: 3:00 pm
\$6 transportation, lunch on your own at the pueblo

Highland**Wednesday, August 4**

Check in: 9:15 am • Return: 2:00 pm
\$6 transportation, lunch and other expenses on you own

Barelas**Wednesday, August 4**

Check in: 9:15 am • Return: 3:00 pm
\$6 transportation, lunch on your own

Los Volcanes**Wednesday, August 4**

Check in: 9:15 am • Return: 6:00 pm
\$6 transportation, lunch on your own

Governor's Mansion Tour

See New Mexico's first family's home on a docent-guided tour of the renovated Governor's Mansion. The Foundation is responsible for the design, furnishings and perpetual upkeep of the public areas of the Mansion.

**Bear Canyon****Tuesday, August 10**

Check in: 9:00 am • Return: 4:30 pm
\$8 transportation and tour, lunch at your own expense at Bishop's Lodge

**Activities are free with
membership unless
otherwise indicated.**

**Fort Union National Monument & The Plaza Hotel Tour**

The largest fort in the American Southwest, Fort Union, functioned as a military garrison, territorial arsenal, and supply depot. See the largest visible network of Santa Fe Trail ruins. Then tour the haunted Plaza Hotel and restaurant.

**North Valley****Tuesday, August 10**

Check in: 8:00 am • Return: 4:00 pm
\$11 travel, \$3 admission, lunch at the Plaza at your own expense

Open-air Trolley Tour—Santa Fe

The 90-minute tour starts at Loretto Chapel (famed for its miraculous staircase) and covers an eight-mile loop of Santa Fe's most notable historical areas including Canyon Road and its art galleries, Museum Hill, the Palace of the Governors, and more. Afterwards we will shop and have lunch on the Plaza.

**Barelas****Thursday, August 12**

Check in: 8:00 am • Return: 4:00 pm
\$8 transportation, \$15 trolley guided tour, lunch on your own

Indian Pueblo Cultural Center

Tour the Native Arts Gallery and permanent museum that covers 18 of 19 pueblos. Learn the history of the Pueblos from the 1800's to today. Afterwards we will have lunch at the Pueblo Harvest Cafe.

Palo Duro**Thursday, August 19**

Check in: 9:30 am
Return: 2:30 pm
\$1 transportation, \$4 entrance fee

**Gutierrez-Hubbell House**

Join our tour guide, Chuck Dotson, and head to the Gutierrez-Hubbell House in Pajarito. This house has historical ties to the Hubbell Trading Post National Historic Site at Ganado, Arizona, and the wider Hubbell Trading Empire Stretching from New Mexico to California. After the tour, we will have lunch at Abuelita's Restaurant.

**Palo Duro****Thursday, August 12**

Check in: 9:15 am • Return: 3:00 pm
\$1 transportation, \$2 admission, lunch at your own expense

Highland**Thursday, August 26**

Check in: 9:30 am • Return: 1:00 pm
\$3 transportation, \$2 admission, lunch at your own expense

North Valley**Thursday, September 16**

Check in: 9:45 • Return: 2:30 pm
\$1.50 travel, \$2 admission, lunch at your own expense

Bear Canyon**Tuesday, October 12**

Check in: 9:30 am • Return 2:00 pm
\$3 transportation, \$2 admission, lunch at your own expense

Albuquerque Trolley

Shop and walk Old Town and have lunch before the 66 minute trolley-ride that follows the "The Best of Albuquerque" map.

**Bear Canyon****Thursday, August 19**

Check in: 9:00 am • Return 3:30 pm
\$18.50 transportation and tour, lunch at your own expense at Church Street Café

Villanueva Church and State Park Tour

Tour the lovely, "Nuestra Señora de Guadalupe" Church in the village of Villanueva, NM. Hear the history of the handcrafted tapestries created by many of the proud parishioners. After the tour we will visit the beautiful state park then have lunch at La Risa Café.

**North Valley****Thursday, August 19**

Check in: 8:00 am • Return: 5:00 pm
\$8 travel, lunch at your own expense

NM Aging and Long Term Services Conference

A two day conference "A Diverse Community: Exploring Options, Expanding Horizons" is at the Isleta Conference Center, Hard Rock Hotel and Casino this year. Take workshops, enjoy entertainment and hear speakers as well as meet folks from all over the state.

**Bear Canyon****Tuesday, August 24****Wednesday, August 25**

Check in: 7:30 am • Return: 6:00 pm
Free transportation, Pre-registration materials available at the front desk.
\$35 two day fee, \$20 one day, for seniors 55+, lunch is not included.

Harvey House

Tour the Harvey House in Belen, NM. Learn the history of the Harvey House, the Harvey girls, and the railroad. A special feature of this tour is a quilt show featuring 60 quilts.

**Palo Duro****Wednesday, August 25**

Check in: 8:30 • Return: 3:00 pm
\$7 transportation
\$2 donation (collected day of trip)

Rail Runner to Santa Fe

All Aboard! Let's head to Santa Fe for shopping and lunch on the Plaza.

**Manzano Mesa****Thursday, August 26**

Check in: 9:30 am • Return: 6:00 pm
\$3 trip fee plus train ticket \$6 age 65+, train ticket \$8 under age 65, lunch at your own expense

Off Center Community Arts

You don't have to be an artist to create art. Join us for a trip to Off Center Community Arts in Old Town. Off Center is a private non-profit, organization. The community is welcome to come in and shop for art, make art and meet new friends. Materials are provided by Off Center.

**North Valley****Tuesday, August 31**

Check in: 11:00 am • Return: 2:30 pm
\$1 transportation, \$2 admission, lunch in Old Town at your own expense.

September

Tesuque Pueblo Flea Market

Join us for great fun at the Tesuque Pueblo Flea Market. This is an experience where people from all over the world come to shop, to sell, to visit and to make new friends!



North Valley

Thursday, September 2

Check in: 8:00 am • Return: 3:00 pm

\$9 travel, lunch at your own expense

San Estevan Feast Day in Acoma Pueblo

Visit the place that has been home to the Acoma people for over 800 years and be a witness to a wonderful tradition. Watch the dances and enjoy the activities.



Highland

Thursday, September 2

Check in: 8:45 am • Return: 2:00 pm

\$9 transportation, lunch and other expenses on your own

Salman Raspberry Ranch

Pick warm raspberries right from the U-Pick-it field at this Northern New Mexico, family-owned farm. Enjoy lunch at the Salman Ranch Café and browse the many gourmet items in the Ranch Store including delectable raspberry products and more.

Los Volcanes

Friday, September 3 (date may change)

Check 8:00 am • Return: 4:00 pm

\$16.50 transportation, lunch at your own expense

North Valley

Thursday, September 9

Check in: 8:00 am • Return: 4:00 pm

\$16.50 transportation, lunch and berries at your own expense



Madrid New Mexico

This re-settled ghost town is inhabited by artists, craftsmen and collectors. Colorful Madrid speaks of the 60's and 70's when this mining and railroad town came back to life.



Bear Canyon

Tuesday, September 7

Check in: 9:00 am • Return 3:00 pm

\$6.50 transportation, lunch on your own

Casa Rondena Winery

Enjoy the great cottonwoods of the Rio Grande Bosque as we tour the winery and learn the process and history of New Mexico wine making. After the tour, enjoy a delicious box lunch in the Founder's Garden.



Palo Duro

Thursday, September 9

Check in: 9:15 • Return: 2:00 pm

\$1 transportation, \$15 tour & tasting, \$9.75+ tax box lunch

Bookshop Tour

Discover a great "read" on the shelves of these colorful bookshops by New Mexico authors and/or by New Mexico seniors.



Bear Canyon

Tuesday, September 14

Check in: 10:00 am • Return: 3:00 pm

\$2 transportation, lunch at your own expense at Flying Star

Costanza Apple Farm

Home to over 1,000 apple trees, Costanza Orchard is nestled on 6 1/2 acres in Belen. This family-owned business not only harvests apples, but a variety of fruits and vegetables. Learn about the trees, the processing, the wind machines, how apples are graded, stored and the bee keeping process. After the tour, we will have lunch at Pete's Café.



Palo Duro

Wednesday, September 15

Check in: 8:30 am • Return: 3:00 pm

\$5 transportation, \$3 tour, lunch at your own expense

Bear Canyon

Monday, September 13

Check in: 9:00 am • Return: 2:00 pm

\$6 transportation, lunch at your own expense

State Fair

You will be on your own to enjoy what you like best at the fair. Dates to be announced. 50¢ transportation, gate fees, lunch on your own.

Bear Canyon, North Valley, Barelás

Check in: 9:00 am • Return: 3:00 pm

Highland, Los Volcanes

Check in: 9:15 am • Return: 1:00 pm



Arrows Ridge

Relax and take in the breathtaking views of the Pecos Valley and Sangre de Cristo Mountains as you enjoy a gourmet meal that is sure to please.



Bear Canyon

Thursday, September 16

Check in: 8:45 am • Return: 4:00 pm

\$42.50 transportation and luncheon

Christ in the Desert Monastery Overnight Trip

This northwestern New Mexico Monastery is surrounded by protected wilderness, thus assuring and promoting solitude and quiet for the cenobitic life. The monastery's chief architect was George Nakashima and its electricity and water-pumping are solar-powered. On Thursday we will shop and have lunch in Santa Fe before arriving at the monastery.



Los Volcanes

September 16–September 18

Check in: 10:00 am, Thurs, Sept 16

Return: 2:30 pm, Sat, Sept 18

Single occupancy: \$60 per night

Double occupancy: \$90 per night

(includes meals). \$8 transportation

and lunch at your own expense on

Thursday. For details christdesert.org

Laguna Pueblo Feast Day

We are invited to feast with Laguna residents Paula and Ed Pradt. We will also have an opportunity to visit the village, enjoy the traditional Harvest Dance, and shop among the talented vendors.



Manzano Mesa

Sunday, September 19

Check in: 9:30 am

Return: 4:00 pm

\$6 trip fee



Downtown Albuquerque

Stroll Central Avenue (Route 66) and appreciate historic Albuquerque with a guided tour of the Pueblo Deco KiMo Theater and a visit to the Telephone Museum. Last stop Lindy's Restaurant, built in 1906, I'm sure many of our parents went there while they were dating.



Barelás

Thursday, September 23

Check in: 9:30 am • Return: 2:00 pm

\$1.50 transportation, \$2 telephone museum, bring money for lunch

Dixon Apple Farm

For decades the Dixon's have been growing apples in the Jemez Valley. Now is your chance to taste the award winning Champagne and Burgundy apples and Cider. Wear comfortable shoes.



North Valley

Thursday, September 23

(Date subject to change)

Check in: 7:30 am • Return: 3:00 pm

\$6 transportation, bring a sack lunch

Highland

Thursday, September 23

Check in: 8:30 am • Return: 3:00 pm

\$6 transportation, bring a sack lunch

Los Volcanes

Thursday, September 30

Check in: 8:30 am • Return: 3:00 pm

\$6 transportation, bring a sack lunch



Return Times are Approximate

Fall Foliage Tour

Autumn in New Mexico is magical when surrounded by aspen trees in full color. The Sandia Mountains offer cottonwood and maple in the lower range and aspen, tall firs and pines in the upper altitudes.



Bear Canyon

Tuesday, September 28

Check in: 9:00 am • Return: 3:00 pm
\$3.50 transportation, lunch at your own expense at Snack Bar at Crest Top

Albuquerque Fire Academy

Our tour will include viewing cadet training, simulators, the new academy building, fire administration, and a sneak peak of the small museum with 3 old fire trucks. After the tour we will have lunch at Furr's Cafeteria.



Palo Duro

Thursday, September 30

Check in: 9:30 • Return: 2:30 pm
\$1 transportation

October

Trinity Site Tour

Trinity Site is where the first atomic bomb was tested on July 16, 1945. Included on the Trinity Site tour is Ground Zero where the atomic bomb was placed on a 100-foot steel tower. Visitors also see the McDonald ranch house where the world's first plutonium core for a bomb was assembled.

North Valley

Saturday, October 2

Check in: 8:00 am • Return: 5:00 pm
\$12.50 transportation, lunch at your own expense



Oktoberfest

Celebrate the founding of the Hammel Brewery and Museum at Oktoberfest in Socorro, sponsored by the Socorro County Historical Society.

Manzano Mesa

Saturday, October 2

Check in: 10:00 am
Return: 3:00 pm
\$9 trip fee, lunch at your own expense at Socorro Springs restaurant



Rancho de Las Golondrinas Harvest Festival

An historic Spanish Colonial village along the Camino Real, located in the small community of La Cienega.

Barelas

Saturday, October 2

Check in: 9:00 am • Return: 4:00 pm
\$3.50 transportation, \$8 admission at the gate, lunch on your own.



Balloon Fiesta Special Shapes Glowdeo

A Balloon Fiesta signature event! Don't miss out on the beautiful balloon glow on an autumn evening.



Bear Canyon

Thursday, October 7

Check in: 5:00 pm • Return: 9:30 pm
\$4 transportation, gate admission and food at your own expense

Palo Duro

Friday, October 8

Check in: 3:00 pm • Return: 8:00 pm
\$6 entrance fee, \$1 transportation

North Valley

Thursday, October 7

Check in: 4:30 pm • Return: 9:00 pm
\$4 transportation, gate admission and food at your own expense

Highland

Thursday, October 7

Check in: 3:30 pm • Return: 9:00 pm
\$4 transportation, gate admission and food at your own expense

Los Volcanes

Thursday, October 7

Check in: 3:15 pm • Return: 9:00 pm
\$4 transportation, gate admission and food at your own expense

Fair at Jemez Pueblo

At the Walatowa Visitor Center just North of Jemez Pueblo, this event features traditional dances, bread baking demonstration, as well as both Native and Non-Native artists vendors.

Highland

Tuesday, October 12

Check in: 8:45 am
Return: 2:00 pm
\$6 transportation, lunch and other expenses on your own



Bear Canyon Estates

Join us for a tour of this community retirement complex and its apartments and a cottage complex. After the tour you'll enjoy a complimentary lunch.



Palo Duro

Wednesday, October 13

Check in: 11:15 am • Return: 2:30 pm
\$1 transportation

ABQ Movie Tour

Albuquerque is becoming a famous location for filming movies. Take a 2-hour tour of the city locations where some popular movies have been filmed. A representative of the ABQ Film office will be the guide.



North Valley

Monday, October 18

Check in: 9:15 am • Return: 2:00 pm
\$1.50 transportation, lunch at your own expense

National Hispanic Cultural Center

See "New Mexico Furniture is Art," by some of today's Hispanic furniture artists. Also see works from the permanent collection.



Bear Canyon

Tuesday, October 19

Check in: 9:00 am • Return: 2:00 pm
\$13 transportation, lunch and admission

Road Runner Food Bank

Tour of the largest food assistance agency in the state and learn about the hungry in the state, how to reach them, and help feed them. After the tour, all will volunteer to help process the food, prepare breadboxes, repack-age and sort food items. Closed toe shoes required. No flip-flops or sandals.



Palo Duro

Wednesday, October 20

Check in: 9:00 • Return: 3:00 pm
\$1 transportation, lunch on your own at Mimi's Café.



McCall's Pumpkin Patch

Take a ride to the pumpkin patch and look for that perfect pumpkin. Get lost in a corn maze, race a pedal cart, feed farm animals, mine for gemstones, shop in the country store, and snack on kettle corn, turkey legs and roasted sweet corn.



Barelas

Thursday, October 21

Check in: 9:00 am • Return: 3:00 pm
\$3.25 transportation, \$5 admission, box lunches will be provided

McCall's Pumpkin Patch and Haunted Farm Trip

Look for that perfect pumpkin, get lost in a corn maze, race a pedal cart, feed farm animals, mine for gemstones, shop in the country store, and snack on kettle corn, turkey legs and roasted sweet corn. Visit if you dare the Cornfield that is haunted by the victims of Farm McCall and their desire to add you to their ranks! Wear comfortable shoes and a warm jacket and be prepared to do some bending.



Los Volcanes

Saturday, October 23

Check in: 2:00 • Return: 10:30 pm
\$7 transportation, \$19.50 admission (may change) lunch at your own expense



Santa Fe National Cemetery

A trip for those who wish to visit the gravesites of friends and loved ones in Santa Fe. Please remember some walking through grass may be necessary. Bring a hat, a warm jacket, and some water.



Highland

Monday, October 25

Check in: 8:30 am • Return: 3:00 pm
\$8 transportation, lunch at your expense

Find us online: www.abq.gov/seniors

Retirement Home Tours

Take a tour with us to some of the local senior retirement housing communities. Check at the front desk for a detailed list.



Bear Canyon

Tuesday, October 26

Check in: 8:45 am • Return: 4:30 pm
50¢ transportation, lunch provided by Las Colinas Retirement Center

Palo Duro

Wednesday, October 27

Check in: 10:15 am • Return: 4:00 pm
50¢ transportation, lunch and bingo provided by Albuquerque Grand Senior Living Facility

November

Santa Fe National Cemetery

This is the opportunity to visit or place a wreath on the resting place of a loved one at the Santa Fe National Cemetery.



Bear Canyon

Tuesday, November 2

Check in: 9:00 am • Return: 3:00 pm
\$7.50 transportation, lunch at your own expense at De Vargas Mall

Luna Mansion

Join us for a dinner and tour of this mansion that is not only known for its great food, but for its resident ghosts. Learn more about the beautiful woman dressed in 1920 clothing seen in several bedrooms.



North Valley

Tuesday, November 2

Check in: 3:30 pm • Return: 8:00 pm
\$6 transportation, dinner at your own expense



Manzano Mesa Multigenerational Center

Manzano Mesa is the Department of Senior Affairs' Center for All Ages. The 37,000 sq. ft. facility is designed for seniors, youth, adults, and the community. Manzano Mesa has a gym, water sprayground, new Evo's playground structure, fitness center, computer lab, kitchen, social hall, and multiple classrooms.



Barelas

Thursday, November 4

Check in: 12:15 • Return: 2:30 pm
50¢ transportation

Bosque Del Apache

The Bosque is famous for the migratory flight of the Whooping and Sandhill cranes. Tour a 12-mile loop and view the sights. Enjoy the exhibits and gift shop at the visitor's center. Take a snack.



Highland

Friday, November 5

Check in: 4:00 am • Return: 1:00 pm
\$13.50 transportation, pack your own breakfast and lunch

North Valley

Thursday, November 18

Check in: 8:15 am • Return: 4:00 pm
\$13.50 transportation, lunch at your own expense

Los Volcanes

Thursday, November 18

Check in: 4:00 am • Return: 3:00 pm
\$13.50 transportation, breakfast and lunch at your own expense.

Barelas

Thursday, December 16

Check in: 3:00 pm • Return: 9:00 pm
\$13.50 transportation, dinner on your own.

Aurora Borealis Glassworks

See how Jeffrey plays with Lava, makes paperweights, blows glass, and demonstrates flower pulling. After the tour we have lunch at the Range Cafe.



Palo Duro

Monday, November 8

Check in: 10:00 am • Return: 2:30 pm
\$1 transportation

Shopping at Wal-mart

Get your holiday shopping done early. After shopping let's have lunch at Kentucky Fried Chicken.



North Valley

Tuesday, November 9

Check in: 8:00 am • Return: 1:00 pm
\$1 transportation, lunch and shopping at your own expense

Moriarty Pinto Bean Fiesta

The day includes, food, entertainment, and a cook off. Bring some money to buy the best beans in New Mexico!



Manzano Mesa

Wednesday, November 10

Check in: 10:00 am • Return: 5:00 pm
\$8 transportation, lunch on your own

Changing of the Leaves

Let's go to 4th of July Canyon to see the changing colors of Fall.



Highland

Thursday, November 18

Check in: 9:00 am • Return: 2:00 pm
\$7 transportation, bring a sack lunch

Animal Humane Association of NM

Founded in 1965, this is the largest non-profit animal welfare organization in the state. This facility houses 200 cats and dogs at any given time. We will also visit their thrift store.



Barelas

Thursday, November 18

Check in: 9:00 am • Return: 12:30 pm
\$1.50 transportation, lunch at your own expense

North Valley

Thursday, December 2

Check in: 11:00 am • Return: 4:00 pm
\$1.50 transportation, other expenses at your own expense



December

Christmas in Old Town

See the lighting of Old Town's Christmas tree, and San Felipe de Neri church illuminated with luminarias, stroll the plaza for holiday shopping and listen to carolers.

North Valley

Friday, December 3

Check in: 3:45 • Return: 8:00 pm
\$2.50 transportation, dinner at your own expense

Barelas

Friday, December 3

Check in: 3:30 pm • Return: 7:00 pm
\$2.50 transportation, dinner at your own expense

Christmas in Madrid

The hanging of the greens is a Madrid holiday tradition. The shops, galleries, and restaurants are reminiscent of an old-fashioned main street with wonderful decorations. Dress warmly and wear sensible shoes.



Highland

Saturday, December 4

Check in: 1:45 • Return: 9:00 pm
\$8 transportation, dinner at your own expense

Barelas

Saturday, December 4

Check in: 2:00 • Return: 8:00 pm
\$8 transportation, dinner at your own expense

Los Volcanes

Saturday, December 4

Check in: 4:30 • Return: 9:00 pm
\$8 transportation, dinner at your own expense

North Valley

Saturday, December 4

Check in: 2:00 • Return: 8:00 pm
\$8 transportation, dinner at your own expense



Food Bank

Take a tour of the food bank's new facility and give an hour of your time to help this organization with the wonderful work it does.



Bear Canyon

Thursday, December 9

Check in: 8:30 am • Return 2:00 pm
\$2 transportation,
lunch at your own expense

National Hispanic Cultural Center

Enjoy lunch at La Fonda del Bosque restaurant at the National Hispanic Cultural Center and then take a tour of the facility. The Center is dedicated to the preservation, promotion, and advancement of Hispanic culture, arts, and humanities.



Manzano Mesa

Thursday, December 9

Check in: 11:00 am • Return: 3:30 pm
\$2 transportation,
lunch at your own expense

Pojoaque Feast Day

Join us for feast day in Pojoaque where visitors can view the reverent dances and songs offered on this day. No photos or other recordings.



North Valley

Friday, December 10

Check in: 9:45 am • Return: 4:00 pm
\$8 transportation,
all other expenses on your own

River of Lights

Wear your warm coat and walking shoes for this beautiful night-time tour of the Botanic Garden's light displays.



Bear Canyon

Tuesday, December 14

Check in: 5:00 • Return: 9:00 pm
\$2 transportation, \$3 admission

Highland

Wednesday, December 15

Check in: 5:15 • Return: 8:30 pm
\$2 transportation, gate admission and dinner on you own



Theater Trips



Adobe Theater

Moonlight and Magnolias

The play introduces us to famous Hollywood producer David O. Selznick as he tries to find the right director and writer to fix the screenplay that has failure written all over it.



Bear Canyon

Sunday, July 25

Check in: 12:45 • Return: 5:00 pm
\$13 transportation and admission

A Life in the Theatre

A Life in the Theatre focuses on the relationship between two thespians: Robert, an older, experienced performer; and John, a relative newcomer.



Bear Canyon

Sunday, August 29

Check in: 12:45 • Return: 5:00 pm
\$13 transportation and admission

Most activities require
advanced registration.

Call the host center for
information and to reserve.

See page 3 for center directory.

Candida

He is married to the ravishing Candida who makes the perfect help-mate. Suddenly, into their lives pops Eugene Marchbanks, a suitably miserable young Romantic poet who has been sleeping in a nearby park.



Bear Canyon

Sunday, October 3

Check in: 12:45 • Return: 5:00 pm
\$13 transportation and admission

A Thousand Clowns

Murray finds himself unemployed with plenty of free time with which to pursue his...pursuits.



Bear Canyon

Sunday, November 14

Check in: 12:45 • Return: 5:00 pm
\$13 transportation and admission

You're a Good Man Charlie Brown

An unassuming English shoe salesman is forced to take the embalmed body of his recently murdered Atlantic City uncle on a vacation to Monte Carlo. Musical production.



Bear Canyon

Sunday, December 19

Check in: 12:45 • Return: 5:00 pm
\$15 transportation and admission

Albuquerque Little Theatre

White Christmas

Irving Berlin's magical story of two show biz buddies putting on a show in Vermont and finding their perfect mates. What a way to start the season.



Bear Canyon

Sunday, December 12

Check in: 1:00 • Return: 5:00 pm
\$20 transportation and admission

Santa Fe Opera

Madame Butterfly

The season opens with *Madame Butterfly*, which has not been staged here in more than ten years. Kelly Kaduce returns as Puccini's heartfelt heroine Cio-Cio-San, joined by Elizabeth DeShong as Suzuki and Brandon Jovanovich as Pinkerton. Antony Walker, conductor and Lee Blakeley, stage director make their Santa Fe debuts.

Highland

Friday, July 23

Check in: 5:15 pm • Return: 2:00 am
\$44 transportation and admission

The Magic Flute

The powers of music and of love unite to triumph over evil in *The Magic Flute*, Mozart's ultimate opera.

Palo Duro

Monday, August 23

Check in: 5:15 pm • Return: 2:00 am
\$44 transportation and admission

Life is a Dream

Life is a Dream will be The Santa Fe Opera's newest world premiere. Based on a towering masterpiece from "The Golden Age of Spanish Drama," the opera by Lewis Spratlan explores provocative questions about the nature of perceptions and reality.

Highland

Thursday, August 19

Check in: 5:15 pm • Return: 2:00 am
\$44 transportation and admission

A variety of games are offered at our centers...

See page 29



Presentations



Health Awareness and Prevention

Hearing Devices

Don't suffer the embarrassment of the inability to hear. Learn about hearing loss and the many devices available.

Bear Canyon, Room 4
Wednesday, July 7, 10:00–11:30 am
 Presenter: Victoria Gallegos, ATS Resources

Bear Canyon, Room 4
Wednesday, November 24
 10:00–11:30 am
 Presenter: Victoria Gallegos, ATS Resources


Hearing Loss, A Growing Epidemic

Learn the causes, how you know you have hearing loss, and your options.

Highland, Room 4
Tuesday, July 13, 10:00–11:00 am
 Presenter: Crissy, Sandia Hearing

Heart Health: Atrial Fibrillation

Dr. Jerry Arellano will present on heart rhythm disorders and arrhythmias.

North Valley, Social Hall
Tuesday, July 20, 6:00–7:00 pm 

Los Volcanes, Room 2
Friday, August 27, 10:00 am

Bear Canyon, Room 4
Wednesday, October 20
 10:00–11:30 am

Heart Health

Dr. Downey, MD of New Mexico Heart Institute will share general information on heart health.

Bear Canyon, Room 4
Wednesday, September 22
 10:00–11:30 am

Bear Canyon, Room 4
Wednesday, December 1
 10:00–11:30 am

Nutrition: Back to Basics

Get the real scoop from Dr. Lindsay Blessing on the latest and greatest diet or super food and get information that will change your life and the way you eat.

Bear Canyon, Room 4
Wednesday, July 21, 10:00–11:20 am

Bear Canyon, Room 4
Wednesday, October 6
 10:00–11:30 am

North Valley, Social Hall
Tuesday, December 7, 6:00 pm 

Mold and Your Health

Learn the facts about mold and how it affects your health. Get tips on how to clean and remove molds from bedding, laundry and much more.

North Valley, Room 4
Wednesday, July 21, 9:30–10:30 am
 Presenter: Wendy Bodin, CPH CKT

Memory

Is it absentmindedness or something to be concerned about? Learn the difference and when to seek help.

Bear Canyon, Room 4
Wednesday, August 4, 10:00–11:20 am
 Presenter: Cindy Brown, Home Instead

Brain Health

Learn physical and emotional influences on the brain and how to keep it in shape.

Los Volcanes, Room 1
Friday, September 24, 10:00 am
 Presenter: Linda Neal

Alzheimer's Warning Signs

This descriptive presentation compares and contrasts normal aging traits against symptoms that could potentially be signs of Alzheimer's disease.

North Valley, Room 4
Wednesday, August 4, 9:30–10:00 am
 Presenter: Christopher McCaffrey, Alzheimer's Association, NM

Alzheimer's Basics

We will speak to the trends of Alzheimer's disease and related issues.

Highland, Room 4
Tuesday, August 10, 10:00–10:45 am
 Presenter: Mark Narvaez, Alzheimer's Association

Difficult Behavior

Is your loved one suffering from memory issues that make them "uncooperative"? Learn how to deal with difficult behavior in adults.

Bear Canyon, Room 4
Wednesday, September 29
 10:00–11:30 am
 Presenter: Cindy Brown, Home Instead

Maintain Your Brain

Understand the correlation between heart health and brain health, as well as get practical ideas on ways to take care of your brain.

North Valley, Room 4
Wednesday, September 8
 9:30–10:00 am
 Presenter: Christopher McCaffrey, Alzheimer's Association, NM

Managing Diabetes

Learn the importance of foot care in the management of diabetes.

Bear Canyon, Room 4
Wednesday, August 11
 10:00–11:30 am
 Presenter: Bill Posen, Phoenix Medical Supply

Highland, Room 4
Tuesday, September 14
 10:00–11:00 am
 Presenter: Bill Posen, Phoenix Medical Supply

Secure Horizons Coping with Alcoholism

For over 55 years, Al-Anon has been offering strength and hope for friends and families of problem drinkers. Join us for a special discussion on coping with a loved one's alcoholism. Find solutions that lead to serenity in the Al-Anon/Alateen fellowship.

North Valley, Room 3
Tuesday, August 17
 6:00–6:30 pm
 Presenter: Maribeth, Al-Anon

Activities are free with membership unless otherwise indicated.

Amour Therapy

Get relief for chronic and acute aches and pains, sore muscles, and joint discomfort. Widely used and loved in Medicine and Sports Medicine, Amour Therapy produces amazing results that are often more effective, faster, and longer lasting than other methods.

Barelas, Rooms 2 and 3
Tuesday, August 10, 9:30 am
 Corganics the art of the science of nature

Coping with Depression and Holiday Stress


Don't let the commercialism of the holidays bring you down. Learn to cope with the holiday blues to prevent stress, depression and anxiety.

North Valley, Room 4
Wednesday, December 1
 9:30–10:15 am
 Presenter: Sandy Skaar, UNM Salud

Coping with Stress During the Holidays

Learn ways to overcome stress during the holidays. Most people realize that stress is an issue in their life, but many do not know its source and the steps that are needed to overcome it.

Los Volcanes, Room 2
Friday, October 15, 10:00 am
 Presenter: Dr. Lindsey Blessing

North Valley, Social Hall
Tuesday, November 2
 6:00 pm
 Presenter: Dr. Lindsey Blessing 

Bear Canyon, Room 4
Wednesday, November 17
 10:00–11:30 am
 Presenter: Dr. Lindsay Blessing

Laugh Away Holiday Blues

Laughter is the best medicine, but you won't need to twist up like a pretzel for this yoga presentation. Just come prepared to have fun!

Bear Canyon, Room 4
Wednesday, December 15
 10:00–11:30 am
 Presenter: Rebecca Wood

Remembering Loved Ones

Treasure memories of our loved ones and share with friends.

Barelas, Rooms 2 and 3
Tuesday, September 28, 9:30 am
 Presenter: Ambercare

Bereavement and Grief

Join with other adults to learn from how the grief of loss impacts our lives and the ways to understand and work with the grief.

North Valley, Room 3
Tuesday, October 26,
November 2, 9, 6:00–7:00 pm
 Presenter: Miryam Levy, RP



Fly-tying Presentation

See if Fly-Tying is something you might be interested in! Learn a little bit of everything from the tools and materials used, to the type of insects being imitated. If you have always wanted to learn about fly-fishing this is a great place to start. If we have enough interest a class may be offered.

North Valley, Room 4
Tuesday, September 28
 6:00–7:00 pm
 Presenter: Bill Frangos



Downsizing With Style

When it's time to move to a smaller living space, winnowing down accumulations can seem overwhelming. Take the guesswork out of downsizing and avoid costly mistakes by using a systematic plan.

Bear Canyon, Room 3
Saturday, October 9
 12:30–3:00 pm
 \$15, payable to presenter
 Presenter: Claudia Lucas,
 Anew Interior Redesign



Elder Abuse Training

Learn how to report elder abuse, how to get help, and what service providers can do to inform their communities.

Barelas, Rooms 2 and 3
Tuesday, October 19, 9:30 am
 Presenter: Grace Hernandez, NM
 Coalition Against Domestic Violence

De-clutter Your Home Using Innovative Storage Solutions

Learn a systematic approach to de-cluttering your home and garage. Gain tools and strategies to help streamline spaces that appear chopped up or cluttered by a hodgepodge of books, magazines, electronic media, etc. into a cohesive, well-organized space.

Bear Canyon, Room 3
Saturday, October 23
 12:30–2:00 pm
 \$10, payable to presenter
 Presenter: Claudia Lucas,
 Anew Interior Redesign



History and Traditions

The Life of Bob Hope

Learn about this comedic master and entertainer of our troops who once cut short a vacation because "Fish don't applaud."

Bear Canyon, Room 4
Wednesday, July 28, 10:00–11:30 am
 Presenter: Carol Venturini

The Unsinkable Molly Brown

Discover the true life of Margaret "Molly" Brown, an American socialite, philanthropist, and activist. Compare the real life Margaret Brown to the character in "The Unsinkable Molly Brown." Clips from the Debbie Reynolds movie will be shown.

Barelas, Rooms 2 and 3
Tuesday, August 3, 9:30 am
 Presenter: Carol Venturini

Dolphins and Whales

Ms. Otero, New Mexico Native, has given presentations on dolphins and whales for over 20 years and produced and hosted a TV show called *Dolphin Freedom* for 5 years. She will share experiences with these fascinating creatures. Includes DVD presentation, discussion and Q&A.

Bear Canyon, Room 4
Wednesday, August 18
 10:00–11:30 am
 Presenter: Janice Otero

Life and Times of Calamity Jane

Discover the real life of Martha Jayne Cannary, better known as Calamity Jane.

Bear Canyon, Room 4
Wednesday, September 1,
 10:00–11:30 am
 Presenter: Carol Venturini

Introduction to American Folk Songs: Part 2

A lecture and song presentation, narrated and sung, played on the banjo and guitar.

Bear Canyon, Room 1
Tuesday, September 21,
 1:30–3:00 pm
 Presenter: Art Byers

It's Fun, It's History, It's New Mexico

Hear stories about our people, places and things that make this the "Land of Enchantment."

North Valley, Room 3
Tuesday, October 5, 6:00 pm
 Presenter: Mary Diecker



Panama Canal

By its completion in 1914, the Panama Canal used tons of dynamite and fleets of tugs and dredges to carve the 53-mile ditch from the Pacific to the Atlantic Ocean. DVD presentation.

Bear Canyon, Room 4
Wednesday, October 13,
 10:00–11:30 am
 Presenter: Suzie Clements, Sun Tours

The Life of Edgar Allan Poe

At Halloween time, what is more fitting than digging into the sad life and mysterious death of Edgar Allan Poe, best known for his chilling tales of mystery and the macabre.

Bear Canyon, Room 4
Wednesday, October 27
 10:00–11:30 am
 Presenter: Carol Venturini

Yes, We Have No Bananas, Strange But True Tales of New Mexico

A look at the stranger side of the Land of Enchantment: bombs on bats, a 1-hole golf tournament, the mysteries of underground Deming and a famous opera.

Barelas, Rooms 2 and 3
Tuesday, November 9, 9:30 am
 Presenter: Mary Diecker

An Enchanted Christmas, New Mexico's Christmas Traditions

The Land of Enchantment is even more beautiful during the holiday season. Enjoy a look at the unique foods and traditions that make it the place to be at this special time of the year.

Barelas, Rooms 2 and 3
Tuesday, December 7, 9:30 am
 Presenter: Mary Diecker

Ellis Island


As ships with immigrants arrived in New York Harbor, the new arrivals strained to see the Statue of Liberty. But before they could start their new life in America, they had to pass through Ellis Island. Learn what it was like for the immigrants inside its massive buildings.

Bear Canyon, Room 4
Wednesday, December 8
 10:00–11:30 am
 Presenter: Carol Venturini

Life & Times of Clark Gable

Come to this in-depth presentation and the one and only Gable will be revealed as never before.

Barelas, Rooms 2 and 3
Tuesday, December 14, 9:30 am
 Presenter: Carol Venturini



Get Fit!
 See page 32 for
 fitness classes and
 pick up a 50+ Sports
 & Fitness Catalog

Of Special Interest

Introduction to Reiki

Reiki (ray-kee) is a practical healing art to use on yourself and others. Reiki reduces stress, fatigue and pain, revitalizes body, mind and spirit and accelerates healing.

Bear Canyon, Room 4
Wednesday, July 14, 10:00–11:20 am
Presenter: Elizabeth Valsala,
Reiki Master

An Introduction to Numerology

Numerology is as old as recorded history, and it is used by metaphysical practitioners as a tool for character analysis. Your birth certificate name and birth date are, perhaps, the two most influential forces you own.

Bear Canyon, Room 4
Wednesday, November 3
10:00–11:30 am
Presenter: Eff-nine

Travel

Travel Talk

Exchange ideas, experiences, travel tips and advice.

Highland, Room 8
Wednesday, November 8
2:00–3:30 pm

Canada and Butchard Gardens

DVD presentation including Via Rail from Toronto to Vancouver and the history of Butchard Gardens.

Bear Canyon, Room 4
Wednesday, November 10
10:00–11:30 am
Presenter: Suzie Clements, Sun Tours



Events

July

Red White and Blue Day

Celebrate Independence Day and wear red, white and blue. Maybe you will win a prize for your patriotism. Refreshments served after lunch. Music entertainment begins at 11:00.

North Valley, Social Hall
Thursday, July 1, 11:00–12:30

4th of July Luncheon

Great entertainment and door prizes
Barelas, Social Hall
Friday, July 2, 11:30 am–12:30 pm
Reservations 24 hours in advance

Way Out West Luncheon

Enjoy a delicious meal and some good ole entertainment by the Adobe Brothers.

Palo Duro, Mesquite
Thursday, July 15
Doors open: 11:00 am
Lunch served: 11:30 am–12:00 noon
\$4 reservations required
Sponsored by Senior Arts, Inc.

Membership Celebration

Celebrate Highland and summertime with BBQ chicken, macaroni salad, baked beans, and fruit salad.

Highland, Social Hall
Thursday, July 15, 11:30 am–1:00 pm
Free to Highland registered seniors,
\$3.25 all other seniors and
\$5 non-seniors, reservations required

Dessert Socials

Get together with friends or make new ones as you enjoy a special treat.

Bear Canyon, Social Hall
Friday, July 16, Aug 20, Sept 17,
Oct 15, Dec 10, 1:30–2:30 pm

Parents’ Day Luncheon

Parents’ Day is celebrated on the fourth Sunday in July, honoring parents who provide for strong families.

Barelas, Social Hall
Friday, July 23, 11:30 am–12:30 pm
Reserve 24 hours in advance



Sports Day Luncheon

Join us for hamburgers and fries to celebrate Sports Day, officially recognized on August 1. Win prizes for best sports shirt or jersey. Show your sports memorabilia—pictures, footballs, baseballs, anything you have been saving and would like to share with everyone.

Barelas, Social Hall
Tuesday, August 3,
11:30 am–12:30 pm
Lunch reservations 24 hours in advance

Watermelon Day

Celebrate with dancing, games and watermelon on the patio.

North Valley, Patio
Tuesday, August 3, 1:30–3:30 pm

Hawaiian Luau Special Luncheon

Join us for a delicious lunch and excellent entertainment.

Highland, Social Hall
Thursday, August 12,
12:00 noon–1:30 pm
\$4, reservations required,
Lunch: 12:00 noon–12:30 pm

Remember Woodstock

“Woodstock: it was 3 days of peace and music.” Bring in the memorabilia and share with all our members. We will keep the display up for three days, so that we may enjoy the good old days.

Los Volcanes
August 16, 17 and 18

Summer Sizzle Luncheon

Enjoy a special lunch and dance away to the Roger Burns band.

Manzano Mesa, Social Hall
Monday, August 23
11:30 am–1:30 pm
Reserve by noon Friday, August 20

Los Volcanes Spirit Week

Celebrate with us all week with lots of fun, and food. Join us for:

Crazy Hat Day! The members with the craziest, funniest and most original hat will win prizes.

Tuesday, August 24
11:00 am–1:00 pm
Refreshments will be served

Wear Your Clothes Inside Out Day! Share the look and join the fun on this crazy day.

Wednesday, August 25
11:00 am–1:00 pm
Refreshments will be served

Pajama Day! Wear the coziest, the warmest or the best-looking PJs.

Thursday, August 26
9:00–11:00 am
Door prizes, free continental breakfast

Apple Day! The name says it all, apples galore...Red, green, candy, caramel—even chocolate! Bring a friend to have a taste or two.

Friday, August 27
11:00 am–1:00 pm

National Peach Pie Day

I bet you didn’t know that today is Peach Pie Day! Join us for pie and coffee.

Barelas, Rooms 2 and 3
Tuesday, August 24, 9:30–10:30 am

Lazy Days of Summer Luncheon

Cool off with us, and enjoy good eating, and entertainment by Paul Pino.

Palo Duro, Mesquite
Thursday, August 26
Seating: 11:00 am
Lunch served: 11:30 am–12:00 noon
\$4 reservations required

Senior Speed Dating

An exciting way to meet new people where participants get five minutes to chat before the men move to the next table. An opportunity for anyone looking for companionship or friendship to meet and socialize. Refreshments will be served after the event.

North Valley, Social Hall
Tuesday, August 31, 6:00–7:00 pm
Register by July 27

Labor Day Luncheon

Entertainment and door prizes.

Barelas, Social Hall
Friday, September 3
11:30 am–12:30 pm
Reserve for lunch 24 hours in advance

Grandparent’s Day Luncheon

In honor of all grandparents—join us for lunch.

Barelas, Social Hall
Friday, September 10
11:30 am–12:30 pm
Reserve for lunch 24 hours in advance

Apple Pie Contest

It’s apple season why not celebrate with an apple pie contest? Taste the delicious pies, to select 1st, 2nd and 3rd prize winners. Entertainment and refreshments will be part of the fun.

North Valley, Social Hall
Friday, September 10, 9:30 am
Contestants sign up by August 16

Friendship Days Luncheon

Join old friends and meet new ones for lunch and great entertainment.

Highland, Social Hall
Thursday, September 16
12:00 noon–1:30 pm
\$4 per person, reservations required
lunch served 12:00 noon–12:30 pm

Tea Party for Two or More

Join us for a tea party and bring your favorite teacup. Enjoy delicious finger foods, sweets and tea. Games, prizes and music provided.

Palo Duro, Mesquite 1
Thursday, September 16
1:30–3:30 pm

17th Annual Chile Cook-off

Enjoy Mariachis playing and the aroma of Chile made by our seniors. The best chile around! Winners will be selected for: Red Chile, Green Chile, and Salsa. Cash prizes and ribbons will be awarded to 1st, 2nd and 3rd place winners in each category. Chile tasting for everyone after judging takes place.

Barelas, Social Hall
Wednesday, September 22
9:30 am–1:00 pm
\$5 registration fee,
reservations required for lunch

Autumn in New Mexico Luncheon

Celebrate this beautiful time of year. Entertainment by Cathryn McGill.

Palo Duro, Mesquite
Thursday, September 23
Seating: 11:00 am
Lunch served: 11:30 am–12:00 noon
\$4 reservations required
Sponsored by Senior Arts, Inc.

High Noon Luncheon

It’s high noon in the Old West at Bear Canyon—So be there! But, don’t worry, no dueling required! Just mosey on in for the fun!

Bear Canyon, Social Hall
Friday, September 24
11:30 am–1:00 pm
\$4 per person, purchase ticket in advance



Autumn Appetite Luncheon

Enjoy lunch and entertainment by Joe Blythe.

Manzano Mesa, Social Hall
Tuesday, September 28
11:30 am–12:30 pm
Lunch served: 11:30 am–12:30 pm
Reserve by noon Monday, September 27

Oso Canyon Wellness Fair

Don’t miss motivational presentations, inspirational health and fitness information and how to enjoy the 2nd half of your life to the fullest!

Bear Canyon, Social Hall
Friday, October 15, 9:00 am–4:00 pm

5th Annual Health Fair—
The More you Know:
Aging with Options

Learn about your options and how to make informed medical decisions. Attend health presentations and visit information booths from a variety of health agencies where you can pick up literature and ask questions.

Barelas, Social Hall
Wednesday, October 20
9:00 am–3:00 pm
Lunch & refreshments provided

Up-Up-and-Away Luncheon

Join our Gondola club and enjoy a breath-taking ride at our luncheon. Our entertainment will sweep you off your feet with Carol Benson on violin.

Palo Duro, Mesquite
Thursday, October 21
Seating: 11:00 am
Lunch served: 11:30 am–12:00 noon
\$4 reservations required

Mystery Luncheon

Can you solve the “Murder on the El Capitan?” Bring an appetite, catch the clues, and use your best detective skills to solve the murder.

Bear Canyon, Social Hall
Friday, October 22
11:30 am–1:00 pm
\$4 per person,
purchase tickets in advance.

October Treats Luncheon

Enjoy lunch and dance away to the Sound Factory Band.

Manzano Mesa, Social Hall
Monday, October 25
11:30 am–1:30 pm
Lunch served: 11:30 am–12:30 pm
Reserve by noon Friday, October 22

Masquerade Party

From goblins to witches to clowns and cartoon characters, everyone is invited to join in this fun festivity. Door prizes will be given to the most original, funniest, scariest and not to mention the most weird looking one. Your ticket to the party will be to bring dessert. We will also give a door prize to the most original dessert dish.

Los Volcanes, Social Hall
Thursday, October 28, 1:30–4:30 pm
Bring some dessert

Halloween Luncheon

Join us for an afternoon of good eats and great treats!

Highland, Social Hall
Thursday, October 28
12:00 noon–1:30 pm
Lunch served: 12:00 noon–12:30 pm
\$4, reservations required

Halloween Dance

1st, 2nd and 3rd prize certificates for best costume

Barelas, Social Hall
Friday, October 29, 1:30–4:30 pm

Autumn Luncheon

Enjoy lunch, door prizes and music.

North Valley, Social Hall
Thursday, October 28
11:30 am–12:30 pm

Veteran's Remembrance & Appreciation Luncheon

Let's honor our Veteran's and remember those that gave their lives for our freedom. Color Guard performances. Refreshments will be served.

Barelas, Social Hall
Friday, November 5
11:30 am–12:30 pm

North Valley, Social Hall
Monday, November 8
11:30 am–12:30 pm

21st Oso Canyon Art Fest

Featuring one-of-a-kind creations by talented local artists and crafters. Find the perfect holiday gift. Enjoy live entertainment, refreshments and an assortment of door prizes.

Bear Canyon
Saturday, November 13
9:00 am–3:00 pm
\$25 table rental, rentals available starting September 7, 2010.

Highland Winter Flea Market

Find great Christmas gift bargains. Vendors—sign up early tables sell quickly!

Highland, Social Hall
Saturday, November 13
8:00 am–2:00 pm

Fall Harvest Luncheon

Let our staff prepare a delicious meal for you as you enjoy entertainment by Harps of Enchantment.

Palo Duro, Mesquite
Thursday, November 18
Seating: 11:00 am
Lunch served: 11:30 am–12:00 noon
\$4 reservations required

Thanksgiving Luncheon

Reflect on your blessings and join friends or make new ones to share in the joy at this traditional holiday feast.

Bear Canyon, Social Hall
Friday, November 19
11:30 am–1:30 pm
\$4, advance ticket purchase required

Highland, Social Hall
Friday, November 19
12:00 noon–1:30 pm
lunch served 12:00 noon–12:30 pm
Entertainment: the Highland Hi-Toners
\$4, reservations required

North Valley, Social Hall
Monday, November 22
11:30 am–12:30 pm
Reserve 24 hours in advance

Barelas, Social Hall
Wednesday, November 24
11:30 am–12:30 pm
Reserve 24 hours in advance

Manzano Mesa, Social Hall
Thursday, November 25
11:30 am–1:00 pm
\$4, reserve by Tuesday, November 16

Tree Trimming Party

Enjoy hot apple cider and cookies and help trim the tree and decorate the center for the most festive season.

Los Volcanes
Wednesday, December 1
9:00–11:00 am

North Valley, Lobby
Thursday, December 2, 10:00 am

Bear Canyon, Social Hall
Friday, December 3, 1:30–4:30 pm

Barelas, Lounge
Monday, December 6
10:00–11:30 am

Holiday Arts and Crafts Fair

Shop for the holidays. Peruse lovely handmade arts and crafts at reasonable prices. Crafters—Sign up early as tables sell out quickly.

North Valley, Social Hall
Friday, December 3
9:00 am–2:00 pm

The Mad Hat and Tea Party

Entrance fee—Wear a hat. Old, new, funny, different, any hat will do.

Barelas, Social Hall
Friday, December 10
9:30–11:00 am

Christmas Special Luncheon

Enjoy lunch and entertainment by the Highland Harmonizers.

Highland, Social Hall
Friday, December 10
12:00 noon–1:30 pm
Lunch served: 12:00 noon–12:30 pm
\$4, reservations required

Tis The Season Luncheon

Celebrate with a special lunch and dance to the Roger Burns band.

Manzano Mesa, Social Hall
Monday, December 13
11:30 am–1:30 pm
Lunch served: 11:30 am–12:30 pm
Reserve by noon Friday, December 10

Holiday Potluck

An intergenerational celebration at its finest. We invite Old St. Nick and some of the kids next door. Our craft and crochét classes make gifts for children.

Los Volcanes, Social Hall
Wednesday, December 15
1:00–3:00 pm • Bring a covered dish

Annual Christmas Party

Entertainment, refreshments and fun.

Barelas, Social Hall
Wednesday, December 15
10:30 am–1:00 pm

Call the host center
to reserve for events.

Holiday Luncheon

Dress in holiday style and celebrate the season with a festive luncheon shared with family and friends. The Bear Canyon Quilt Raffle winner will be announced during this lunch.

Bear Canyon, Social Hall
Friday, December 17,
11:30 am–1:30 pm
\$4 ticket advanced purchase required

Christmas Day Luncheon

Join us for our special theme luncheon as we remember 1946 American drama film starring James Stewart and Donna Reed. Entertainment by John Douglas.

Palo Duro, Mesquite
Saturday, December 25
Seating: 11:00 am
Lunch served: 11:30 am–12:00 noon
\$4 reservations required

New Year's Day Dance

Celebrate the coming of 2011.

Los Volcanes, Social Hall
Thursday, December 30, 1:30–4:00 pm
\$2.50, refreshments will be served



Dance to live music at the centers

Afternoon Dances

Dance to top 40s, Spanish, country western, and oldies. Check the bulletin boards for our monthly listings of bands. \$2.50 per person

Barelas, Social Hall
Fridays, 1:30–4:00 pm
Los Volcanes, Social Hall
Thursdays, 1:30–4:30 pm
North Valley, Social Hall
Sundays, 1:30–4:30 pm
Highland, Social Hall
Saturdays, 1:00–4:00 pm
Bear Canyon, Social Hall
Thursday, 6:30–9:30 pm

Dinner Dances

Spend an elegant evening dining and dancing to ballroom music. Various bands • \$7.50 per person

Barelas, Social Hall
October 13, 4:30–7:00 pm
Doors open at 4:00 pm
Los Volcanes, Social Hall
July 27, 4:30–7:30 pm
North Valley, Social Hall
January 18, 2011, 4:00–7:00 pm

See Page 31 for
Dance Classes

Classes

Art Classes

Pencils and Pastels

Colored Pencil Fundamentals

This 8-week class will teach the fundamentals to create beautiful paintings and drawings using colored pencils. Supplies will be discussed at first class.

Bear Canyon, Room 6
Thursday, Sept 23–Nov 18,
 10:00 am–12:00 noon
 Instructors: Granville Chorn,
 Les Lamkin

Brilliance of Pastel

Beginners focus on materials, composition and technique. Intermediate students focus on improving skills and new challenges.

Manzano Mesa, Room 3
Monday, 2:00–4:00 pm
 \$10 per week (unless offered through CNM) When listed as a CNM Emeritus class, registration must be made and fees paid to CNM. Instructor will provide additional information and a supply list.
 Instructor: Sharon Jensen

Chalk Pastels: 3 Techniques

Build awareness of shape, contrast, texture, line and color. Learn chalk pastel techniques and the importance of balance, composition, unity.

Barelas, Classrooms 2 and 3
Tuesday, Sept 28–Oct 26
 (5 classes), 1:00–4:00 pm
 \$15 per class
 Instructor: Polly Jackson

Highland, Room 1
Saturday, October 16, 23, 30,
November 6, & 20, 1:00–4:00 pm
 \$100 per person plus cost of supplies
 Instructor: Polly Jackson



Colored Pencil

Explore the infinite possibilities of radial design by learning about the ancient art of Mandalas also known as healing circles. Create your own with a ruler, compass, a variety of templates and free-hand drawing. Color mixing, blending techniques and composition will be taught as well as watercolor pencils. All levels welcome.

North Valley, Room 4
Tuesday, November 23, 30,
December 7, 14, 5:30–7:30 pm
 \$60 for all classes
 Instructors: Joan Cox, Pat O'brien



Painting

Painting Workshop: Acrylic

Share ideas, techniques and inspiration. All skill levels learn from each other.

Bear Canyon, Room 5
Monday, 9:00 am–12:00 noon
 Paul Stubbe, Students supply their own materials. No registration required.

Painting with Acrylics

Paint, shape and form without drawing. This non-traditional class focuses on underpainting (layering) and is perfect for beginner and intermediate painters. With an emphasis on color, space, composition, value, texture, contrast, and balance, learn design principles and techniques.

Highland, Room 1
Tuesday, July 6, 13, 27,
Aug 3, 10, 17, & 24
Thursday, Sept 16, 23, 30,
Oct 7, 14, 21, & 28
Tuesday, Nov 9, 16, 23, 30,
Dec 7, 14, & 21
 1:00–4:00 pm
 \$100 plus cost of supplies.
 Instructor: Polly Jackson

Manzano Mesa, Room 3
Monday, Aug 2–Sept 20
Monday, Oct 11–Nov 22
 6:00–9:00 pm
 \$100 for 7-week class, payable at 1st class
 Instructor: Polly Jackson
 Supply list provided at registration



Barelas, Classrooms 2 and 3
Wednesday, Aug 4, 11, 25,
Sept 1, 8, 15 & 22
 1:00–4:00 pm
 \$15 per class
 Instructor: Polly Jackson



Painting Workshop: Oil

Instruction is given on perspective, composition, form, color mixing and blending. Ongoing painting classes are open to all levels. No registration required. Bring materials.

Bear Canyon, Rooms 5 & 6
Wednesday, 9:00 am–11:30 noon
 Instructor: Marian Boardl

Los Volcanes, Room 4
Monday, 9:00–11:30 am
 Instructor: Walker

North Valley, Room 4
Friday, 9:00 am–12:00 noon
 Instructor: Zamora

Barelas, Room 3
Wednesday, 9:00 am–12:00 noon

Watercolor: Drawing and Painting

Each class includes a brief instructional presentation and two painting projects with one-on-one assistance. Demonstrations and field trips are included. All levels are welcome. This is an opportunity for skill review or as an introduction to this challenging medium. Participants must have basic materials and equipment.

Los Volcanes, Room 4
Tuesday, 9:00–11:30 am
 Instructor: Vigil

Art Series: Watercolor

Professional artist Ralph Lewis leads class discussion of class members' assigned projects.

Highland, Room 1
Monday, 9:00–1:00 am
 Instructor: Ralph Lewis

Watercolor Club

This on-going activity allows participants to share ideas, techniques and inspiration. No registration required.

Bear Canyon, Room 4
Tuesday, 1:00–3:30 pm
 Instructor: Paul Stubbe

Watercolor: Beginners and Intermediate II

Covers drawing for watercolor paintings, and basic watercolor techniques culminating in one good picture for exhibit.

Highland, Room 1
Monday, 1:00–3:00 pm
 Instructor: Deanna Wagoner

Watercolor: Adult

Class subjects will be NM landscapes, spring flowers, still life, painting from photos and sketches, or painting our beautiful NM scenery out on location.

Manzano Mesa
Dates TBA look for flyers
 12:00 noon–3:00 pm
 \$55 plus supplies
 Instructor: Sandy Culler,
 275-8731 or 710-4143



Silk Painting

Learn to paint on white silk. Drawing skills are helpful but not required. Join us for this colorful adventure.

North Valley, Room 4
Tuesday, July 20, 27,
August 3, 5:30–7:30 pm
 \$30 per class, \$75 for 3 classes
 \$30 deposit upon registration
 Instructor: Claudia Fluegge



Visiting Artists Series

Experienced and professional artists will volunteer to guide the group in creative activities in many mediums.

Palo Duro, Cottonwood
Tuesday, 1:00–3:00 pm
 Instructor: Haag

Artist's Corner

This group meets to paint in any medium and offer gentle critique and constructive criticism.

Manzano Mesa, Room 3
Thursday, 1:00–4:00 pm
 Bring your own materials.
 Instructor: JoAnne Kennedy

Art Group

This ongoing group meets each week to work in all media.

Palo Duro, Piñon
Wednesday, 1:00–3:00 pm
 Instructor: Les Lamkin, materials

Painting Workshop: Nature's Beauty

Discover the beauty of nature painting. All mediums included.

Bear Canyon, Room 6
Friday, 9:30 am–12:00 noon
 Shirley Campbell
 No registration required, bring materials

Computer Classes

General Computer

Ask Computer Questions— Get Computer Help

Bring your computer problems or questions. The instructors will offer assistance, or you can learn through the discussion of other people's problems.

Manzano Mesa, Computer Lab
2nd Saturday, 12:30–2:30 pm
 Instructor: M. Hadaway, J. Freedman, R. Bemis

Computer Clinic

Bring your computer problems or questions. The instructors will offer assistance, or you can learn through the discussion of other people's problems.

Highland, Room 6
Wednesday, 1:15–3:15 pm

Beginner Computer with Ronnie Sklarin

This course aims to reduce computer anxiety. Learn how to use the mouse correctly and how to surf the Internet. Student manual included.

Highland, Computer Lab
Wednesday, Thursday,
July 28, 29, August 4, 5
 or
Wednesday, Friday,
November 3, 5, 10, 12
 10:00 am–12:00 noon
 \$25, check or money order in advance

North Valley, Computer Lab
Tuesday, Wednesday,
August 10, 11, 17, 18
 10:00 am–12:00 noon
 \$25, check or money order in advance

Barelas
July, 9, 16, 23, 30
 10:00 am–12:00 noon
 \$10, all classes



PC Problem Solving and Users Group

For the novice and the experienced user, a roundtable discussion of IBM PC includes: hardware, software, experiences, what's new, help and shareware. No registration required.

PC Problem Solving
Bear Canyon, Room 2
Monday, 1:00–2:30 pm
 Facilitator: Martha Mihalopoulous

PC Users Group
Bear Canyon, Room 2
Wednesday, 12:15–2:30 pm
 Facilitator: Maggie Giannettino

Computer: Intermediate

Reduce computer frustration and learn what's possible and how to do it. Customize your computer so it works well for you. Bring your questions and frustrations. Students receive a manual. Mouse and keyboard skills required.

Highland, Computer Lab
Wednesday, Thursday, Sept 8, 9,
15, 16, 10:00 am–12:00 noon
 \$25, check or money order in advance

North Valley, Computer Lab
Monday, Tuesday, Oct 4, 5, 11, 12
 10:00 am–12:00 noon
 \$25, check or money order in advance

Barelas
September 3, 10, 17, 24
 10:00 am–12:00 noon
 \$10, all classes

Windows 1

Learn how to: use a mouse, manipulate windows, start programs, customize settings, shutdown, reboot, use Help, Accessories (Word-pad, Calculator, and Games), Windows clipboard, virus protection, Handout included.

Los Volcanes, Room 1
July 26, 27, August 2, 3
 2:00–4:00 pm
 \$30, check or money order in advance
 Instructor: Karen Hunt

Highland, Computer Lab
Tuesday, September 14, 21, 28,
October 12, 2:00–4:00 pm
 \$30, check or money order in advance
 Instructor: Karen Hunt

Apple

Apple Macintosh Day

Open to Mac users of any experience level. No registration required.

The Learning Corner—a different Macintosh subject every month, such as, word processing applications, using pdf documents, photo scanning, managing photos, and more!

Apple Users Group—announcements, open forum Q&A help time, and presentations.

Bear Canyon, Rooms 2 and 5
3rd Saturday
The Learning Corner
 9:30–10:45 am
Apple Users Group
 11:00 am–12:15 pm
 Facilitator: Bob Reed

Apple Macintosh Classes at Bear Canyon

Apple Macintosh Classes are planned for the second-half of 2010. Dates and times will be posted when available. Course fees will vary.

- All About Photos (photo scanning, restoration, & organization)
- iPhoto '09 & '08 (Apple's great photo management, editing and slideshow application)
- Keynote '09 & '08 (Apple's answer to Microsoft Powerpoint, an excellent slide presentation application)

To join the Bear Canyon Macintosh User Group e-mail list and receive advanced course notification plus receive regular "Mac Tips & Information." contact: Bob Reed at 292-3805, reed1936@comcast.net.



PC Overview: Beginners

We'll start with the basics. Keyboard and mouse skills required.

Bear Canyon, Room 2
Monday, Sept 13–Nov 15,
 2:45–4:45 pm
 \$30 + materials, for 10-week course
 Instructor: Marc LaChey

Monitored Computer Lab Computer Lab

The lab is open to members who wish to practice their computer skills or access the web. For those who need one-on-one assistance with certain tasks, a computer instructor may be in the lab to answer questions or assist you.

Bear Canyon, Room 2
Monday, Thursday, Friday
 9:00–11:30 am
 No registration required

Manzano Mesa, Computer Lab
Tuesday, 9:00 am–12:00 noon
Wednesday, 9:00 am–11:00 am
Thursday, 9:00 am–12:00 noon
 No registration required

Call the host center
to sign up for classes.
See Page 3 for Center Directory

Windows 2

Explore storage drives, files, folders, My Computer, the Recycle Bin, Search, create shortcuts on your Desktop, use Windows accessories, and automatic updates. Detailed handout included. Bring a flash drive to class.

Los Volcanes, Room 1
August 20, 23, 27, 30
2:00–4:00 pm
\$30, check or money order in advance
Instructor: Karen Hunt

Highland, Computer Lab
Thursday, Friday November 4, 5, 12, 18, 2:00–4:00 pm
\$30, check or money order in advance
Instructor: Karen Hunt

Windows 7

This 4-week introductory class covers: maintenance, updates, defragmenter, and cleaning out Internet cookies and files. Bring your laptop to class. Check with instructor for desktop availability.

Bear Canyon, Room 2
Tuesday, July, Sept, Nov
12:00 noon–3:00 pm
\$25
Instructor: Mary Ellen Sandoval

Windows for XP and Vista and Windows 7, Beginners

Learn the basic functions on all computers such as creating documents, viewing files and folders, saving and working with different types of files. Develop skills to enable you to save files, make folders, and find them. For beginners with a new or old pc.

Manzano Mesa, Computer Lab
Monday, Friday, August 9–30
9:00 am–12:00 noon
\$30
Instructor: Jack Freedman

Internet

EBay

Learn the basics of buying and selling on the largest auction site on the web. Upload photos of your items for sale to the highest bidder or for a “Buy it now” price. Join the fun like thousands already online.

Manzano Mesa, Computer Lab
Wednesday, September 8–29
1:00–3:00 pm
\$25
Instructor: Gail Kemp

Enjoying the Internet

Learn how to: access the Internet and to shop safely without compromising personal information; find information at State, City, County and medical websites. Learn the name of websites for games that improve our minds, learn how to avoid viruses, how to search, and more. Students receive a manual as part of the course. Mouse and keyboard skills required.



Highland, Computer Lab
Friday, Saturday, Aug 20, 21, 27, 28
10:00 am–12:00 noon
\$25, check or money order in advance
Instructor: Ronnie Sklarin

North Valley, Computer Lab
Monday, Tuesday, Sept 13, 14, 20, 21
10:00 am–12:00 noon
\$25, check or money order in advance
Instructor: Ronnie Sklarin

Barelas
August 6, 13, 24, 26, 10:00 am–12:00
\$10, all sessions
Instructor: Ronnie Sklarin

Flash Drives

Flash drives are a standard for portable storage instead of floppy disks. (Take this class before taking other computer classes so you will be able to use them in your other classes.) Bring a flash drive to use in the class. You can purchase a good one for about \$10—just shop around.

Highland, Computer Lab
Tuesday, October 19, 26
2:00–4:00 pm
\$15, check or money order in advance
Instructor: Karen Hunt

Los Volcanes, Room 1
July 15, 22 or November 1, 3,
2:00–4:00 pm
\$15, check or money order in advance
Instructor: Karen Hunt



Internet Users Group

Each meeting has a presentation and Q&A on a topic related to the internet.

Bear Canyon, Room 2
4th Thursday, 7:00–9:00 pm
Rod Gwyn, No sign up required



E-mail

We'll set you up with a free email address at Yahoo or Google so you can send and receive e-mail from any computer in the world that has Internet. Previous computer experience is recommended.

Highland, Computer Lab
Wednesday, Thursday, Sept 29, 30,
Oct 6, 7, 10:00 am–12:00
\$25, check or money order in advance
Instructor: Ronnie Sklarin

North Valley, Computer Lab
Tuesday, November 2, 9, 16, 23
10:00 am–12:00 noon
\$25, check or money order in advance
Instructor: Ronnie Sklarin

Barelas
October 1, 8, 14, 15
10:00 am–12:00 noon
\$10, all sessions
Instructor: Ronnie Sklarin

Email (Yahoo)

Communicating with friends and relatives has been greatly simplified with the creation of e-mail. Learn how to send and receive e-mail, keep an address book, attach photos, and include information from the internet.

Los Volcanes, Room 1
November 8, 10, 15, 17
2:00–4:00 pm
\$30, check or money order in advance
Instructor: Karen Hunt

Using the Internet

Using the Internet is like going to the world's largest library. Learn how to 'surf the net' to your benefit.

Los Volcanes, Room 1
Oct 11, 13, 18, 20, 2:00–4:00 pm
\$30, check or money order in advance
Instructor: Karen Hunt

Internet Level 1

This introductory internet course is for new Internet users, but not for pc beginners. Class covers navigating the net; favorites; using email, attaching files; searching on the net; and information about viruses and hoaxes.

Manzano Mesa, Computer Lab
Monday, Friday, October 4–29
9:00 am–12:00 noon
\$30
Instructor: Jack Freedman

Safe Surfing on the Internet

Class covers computer use when handling phishing ads, pop-ups, spyware, spam and computer viruses. Learn the dos and don'ts when using computers.

Barelas, Computer Room
Thursday, July 8, 1:30–2:30 pm
Instructor: Carol Payne

Using Facebook

Learn the new way of connecting and interacting with friends and family through this network. Users can add friends, send them messages, and update their personal profiles to notify friends about themselves.

North Valley, Computer Lab
Tuesday, August 3
6:00–7:00 pm
\$10, Instructor: Naomi Martinez



Learn to Twitter

Learn the basic uses of Twitter. Twitter enables its users to send and read messages called Tweets. Tweets are text-based posts of 140 characters displayed on the author's profile page and delivered to the author's subscribers who are known as followers.

North Valley, Computer Lab
Tuesday, August 10
6:00–7:00 pm
\$10, Instructor: Naomi Martinez



Multimedia

Microsoft Powerpoint

Make your own slide show presentations with annotations and music while your pictures are shown on screen. This versatile program is part of MS Office that many people have.

Manzano Mesa, Computer Lab
Wednesday, August 4–25
1:00–3:00 pm
\$30
Instructor: Mike Hadaway

Turn Family Photos & Slides Into Home Movies on DVD

A 15-hour class, no dates and times yet. Students must be proficient on a computer.

Manzano Mesa, Computer Lab
Instructor: Richard Bemis, e-mail:
newmexico1020@comcast.net

Picasa

Picasa is an amazing, easy-to-use, free picture organizer software. Picasa can automatically locate and organize all your photos on your computer. The easy-to-use editing features do almost as much as expensive photo editing software programs.

Manzano Mesa, Computer Lab
Tuesday, Wednesday, Thursday
July 6–8, 1:30–3:30 pm
\$25
Instructor: Gail Kemp

Multi-Media Group

This special interest group meets to see demonstrations and discuss various aspects of the use of the computers in the creation, editing, acquisition, saving, compression and conversion of digital photos, video and audio files. New members welcome. No sign up required.

Bear Canyon, Room 2
2nd Thursday, 7:00–8:45 pm
Facilitators: Shaft, Elosua



Computer Photography



Digital Photo Improvement

Understand photographics, scan and improve photos by cropping, correcting exposure and color. Learn about clip art, framing, inserting letters, creating calendars, greeting cards and making digital image slide shows with music background.

Palo Duro, Cedar Crest Computer
Thursday, July 8, 15, 22, 29,
Aug 12, 19, 26, Sept 2
9:30–11:30 am
\$20 for 4 weeks payable at first class
Prerequisite: knowledge of making folders
Bring USB drive, laptops welcome.
Instructor: Bill & Margaret Atkins

Story Book Creator Digital Photo Albums

Digital Story Book Making: Bring 50–150 digital photos and make your own scrapbook. 1st class, an overview—see what it does and how easy it is; 2nd class, bring digital pictures; 3rd class, finish your album.

Palo Duro, Cedar Crest Computer
Monday, August 9, 16, 23
9:30–11:30 am
\$15 payable to instructor first class
Instructor: Charlene Greenwood,
Creative Memories Consultant

Digital Camera Classes with Walter Punke

Digital Cameras & Accessory Selection & Purchase

Interested in purchasing a digital camera or accessory as a Christmas gift or want to acquire or improve your unit? Learn about your ideal camera and/or accessories based on your budget, usage, applications and skill level.

Highland, Room 4
Friday, November 12, 2:00–4:00 pm
\$18 per person or \$27 per couple

Holiday Digital Camera Purchases & Pictures

Take phenomenal digital photographs when you learn to use your camera's modes and settings. Review digital camera alternatives to buy Christmas gifts and upgrades for yourself and loved ones.

North Valley, Room 3
Tuesday, November 30, 5:30–7:30 pm
\$18 per person, \$27 per couple



For Digital Camera Classes below bring your digital SLR cameras, charged batteries, storage card(s), connectivity wiring and the manual for your unit.

Digital Camera Operating Guidelines

Learn how to use the menu items, settings and modes on your camera. Enhance your photographic skills with knowledge of appropriate menu/function choices and setups for various shooting environments.

Highland, Room 3
Saturday, July 10
10:00 am–12:00
or
Thursday, November 18,
2:00–4:00 pm
\$18 per person, \$27 per couple



North Valley, Room 3
Tuesday, December 7
5:00–7:00 pm
\$18 per person, \$27 per couple



North Valley, Library
Tuesday, November 9, 16
5:00–7:00 pm
\$30



Digital SLR Camera Basics

The best camera for photographic control, a Single-Lens Reflex Digital (DSLR) camera offers a wide variety of settings. Learn and practice settings for different environments.

Highland, Room 4
Saturday, November 6
1:00–3:00 pm
\$18 per person,
\$27 per couple



Expanded Digital Camera Applications

Increase your photographic opportunities with a better understanding of your camera's settings. Practice mode functions and settings for shooting photos in unusual conditions not suited for "Auto" settings.

Highland, Room 4
Saturday, November 6
10:00 am–12:00 noon
\$18 per person, \$27 per couple



Improve Your Photographic Skills

Learn procedures and settings to enhance your photographic composition skills.

North Valley, Room 3
Tuesday, July 20, 5:30–7:30 pm
\$18 per person, \$27 per couple



Highland, Room 4
Thursday, December 2
2:00–4:00 pm
\$18 per person, \$27 per couple



Print Artist Platinum 22: Beginners

Learn to make personalized greeting cards, signs, brochures, certificates, name tags, labels, business cards, calendars and more. Bring 4 GB flash drive.

Palo Duro, Cedar Crest Computer Rm
Tuesday, Sept 7, 14, 21, 28,
Oct 5, 12, 19, 26, 9:30–11:30 am
 \$40 for 8 weeks payable at first class
 Prerequisites: Mouse and keyboard skills, personal copy
 Instructor: Chris Farmer,
 Bob Francis, Frank Love

Print Artist Platinum 22: Intermediate

Learn the fast, easy and fun way to create spectacular print projects like greeting cards, posters, scrapbooks, sending e-mails. Bring 4 GB flash drive.

Palo Duro, Cedar Crest Computer Rm
Monday, November 8, 15, 22, 29,
December 6, 13, 1:00–3:00 pm
 Prerequisites: Print Artist I required
 Instructors: Ann Roe,
 Joleene Kobetich

Publisher 2

Continuing from Publisher 1, we will use the Wizards to create brochures, newsletters, and booklets. More advanced features covered include: guides and grids, order objects, design gallery objects, align and distribute objects, inserting files, connected text boxes, master pages, adding captions to photos, tables, using the content library, and sending an e-mail newsletter. Handout included. Bring a flash drive.

North Valley, Computer Lab
Tuesday, June 29,
July 6, 20, 27
 5:30–7:30 pm
 \$30, check or money order in advance
 Instructor: Karen Hunt

Highland, Computer Lab
Thursday, Friday, Oct 14, 15, 21, 22
 2:00–4:00 pm
 \$30, check or money order in advance
 Instructor: Karen Hunt

Activities are free with
 membership unless
 otherwise indicated.

Photoshop Elements Class

Learn to change image appearance; remove or add components; re-size, warp and distort images; repair damaged images. Special effects, animation, and numerous other tools will be included. Five weeks, ten classes.

Bear Canyon, Room 2
Beginning September 14
Tuesday, 10:00 am–12:00 noon
Thursday, 12:00 noon–2:00 pm
 \$30, \$3 for handout materials.
 Instructor: Jim Maclay at
 jmaclay2@comcast.net.

Office Software

Excel 2007

This 4-week course will cover files and folders, formats, formulas, financial sheets, sales charts and much more.

Palo Duro, Cedar Crest Computer Rm
Friday, October 1, 8, 15, 22
 12:00 noon–2:00 pm
 \$15 for 4 weeks payable to instructor first class, includes CD and mouse.
 NO LAPTOPS.
 Instructor: Ken Bruno

Excel 1

Create and format worksheets. Use simple formulas. Save, preview and print your worksheets. Learn Excel for your job or for a better system for household data. Detailed handout included. Bring a flash drive.

North Valley, Computer Lab
Tuesday, September 7,
14, 21, 28, 5:00–7:00 pm
 \$30, check or money order in advance
 Instructor: Karen Hunt

Excel 2

Create more advanced formulas, functions, dates, sort and filter, worksheet protection, and charts. Develop a worksheet to balance your checkbook. Handout included. Bring a flash drive.

Highland, Computer Lab
Tuesday & Thursday, August 10,
12, 17, & 19, 2:00–4:00 pm
 \$30, check or money order in advance
 Instructor: Karen Hunt

North Valley, Computer Lab
Tuesday, Oct 12, 19, 26
 Nov 2, 5:30–7:30 pm
 \$30, check or money order in advance
 Instructor: Karen Hunt



Word I with Ronnie Sklarin

Learn how to create documents, edit text, use the spell checker, copy, move and paste text, set margins, change fonts, select text, save and print...skills necessary to use Word. Each student receives a manual. Mouse and keyboard skills required.

Highland, Computer Lab
Wednesday, Thursday,
October 20, 21, 27, 28
 10:00 am–12:00 noon
 \$25, check or money order in advance
 Instructor: Ronnie Sklarin

Barelas, Computer Room
Friday, Saturday, Oct 22, 23, 29, 30
 10:00 am–12:00 noon
 \$10, check or money order in advance
 Instructor: Ronnie Sklarin

North Valley, Computer Lab
Wednesday, Thursday,
December 1, 2, 8, 9
 10:00 am–12:00 noon
 \$25, check or money order in advance
 Instructor: Ronnie Sklarin

Word 2 with Karen Hunt

Learn how to set custom tabs, create drop caps, customize bullets and paragraph numbering. Also, indent paragraphs, use Format Painter; use find and replace, insert page breaks and page numbers, create portrait and landscape pages, and create headers and footers. Detailed handout included. Bring a flash drive. Prerequisites: Word 1 or knowledge of those topics.

Los Volcanes, Room 1
July 9, 12, 16, 19, 2:00–4:00 pm
 \$30, check or money order in advance
 Instructor: Karen Hunt

Making Flyers & Greeting Cards in Word

Bring a flash drive.

Barelas, Computer Room
Monday, August 9, 13, 24, 26
 2:00–4:00 pm
 \$30, check or money order in advance
 Instructor: Karen Hunt

Highland, Computer Lab
November 9, 16, 19, 23
 2:00–4:00 pm
 \$30, check or money order in advance
 Instructor: Karen Hunt

Los Volcanes, Room 1
December 6, 8, 13, 15
 2:00–4:00 pm
 \$30, check or money order in advance
 Instructor: Karen Hunt

Photo Albums in Word

Create photograph albums in Word to preserve memories. Detailed handout included. Bring a flash drive.

Highland, Computer Lab
Tuesday, Thursday, August 31,
September 2, 7, 9, 2:00–4:00 pm
 \$30, check or money order in advance
 Instructor: Karen Hunt

Los Volcanes, Room 1
Sept 1, 3, 8, 10, 2:00–4:00 pm
 \$30, check or money order in advance
 Instructor: Karen Hunt

Barelas, Computer Room
November 30, December 2, 7, 9
 2:00–4:00 pm
 \$30, Instructor: Karen Hunt

Creating and Designing Web Pages

Learn the basic concepts of designing simple, attractive web pages using the basic code, and CSS (Cascading Style Sheets.)

Palo Duro, Cedar Crest Computer Rm
Tuesday & Wednesday, 1:00–3:00 pm

- **Session I: Sept 7–8, 14–15, 21–22** basic hyper mark-up language (HTML) & cascading style sheets (CSS) extensible (HTML)
 - **Session II: Oct 5–6, 12–13, 19–20,** fonts, texts, links, adding images
 - **Session III: Nov 2–3, 9–10, 16–17,** tables, forms, frames, refinements
 - **Session IV: Nov 30, Dec 1, 7–8, 14–15,** review, wrapping up loose ends
- \$30 for 6 classes payable at first class. Prerequisites: High skill level using mouse, keyboard, file folders. Lessons can be put on a CD or your flash drive for \$5 (for class members only)
 Instructor: Jim Genasci

Most activities require advanced registration.
Call the host center for info and to reserve, see page 3 for center directory.

Craft Classes

Beading

Beading/Jewelry Class

Learn to make beautiful patterns for lovely jewelry and gifts.

Manzano Mesa, Room 3
Wednesday, 8:00–11:00 am
Instructor: M. Jacobson

Beading/Jewelry Group

This new beading group makes beautiful jewelry together. Join them and make your own pieces of art in jewelry.

Manzano Mesa, Room 4
Monday, 8:00–11:00 am
Instructor: Pat Suhr

Necklace or Bracelet and Earrings Class

You will make a necklace and earrings or two bracelets and earrings with a wide variety of beads, pearls and crystals to choose from. Bring needle nose and flat nose pliers if you have them.

Bear Canyon, Various Rooms
Tuesday, September 7, 14
Tuesday, November 9, 16
2:30–5:00 pm
Instructor: Ann Reilly
\$30 per person

Beaded Ring Class

You will make 2 rings in this class. A variety of colors are available. Needles will be pre-threaded! Bring scissors.

Bear Canyon, Room 1
Tuesday, September 21, 28
2:30–5:00 pm
\$20, all materials supplied
Instructor: Ann Reilly

Bracelet Class

Create a one-of-a-kind bracelet. Great beginner class for stringing. Many color and bead choices. Bring needle nose and flat nose jewelry pliers if you have them.

Bear Canyon, Room 3
Tuesday, November 2
2:30–5:00 pm
\$15, all materials supplied
Instructor: Ann Reilly

Bead Embroidery

You will make a bracelet in class but techniques may be applied to clothing, purses and other mediums. Lots of beads and fabric choices. Bring good fabric scissors and a paper cutting pair.

Bear Canyon, Room 3
Tuesday, July 13, 20, 27
2:30–5:00 pm
\$35 • Instructor: Ann Reilly

Ceramics

Ceramics

Students will learn all aspects of ceramics, starting with care and use of molds, pouring items, preparing items for firing, glazing, overglazing and/or staining, decorating, decals, etc. Materials not included.

Los Volcanes, Room 4
Friday, 8:00 am–11:30 pm
Instructor: Baca

North Valley, Room 4
Tuesday, Wednesday
12:00 noon–5:00 pm
3rd Wednesday, 1:00–5:00 pm

Highland, Room 2
Tuesday, 9:00 am–12:00 noon
Instructor: Fred Chavez

Palo Duro, Piñon
Monday, 8:00–12:00 noon or
Thursday, 8:00–12:00 noon

Barelas, Ceramics Room
Monday–Wednesday, Friday
9:00 am–2:00 pm
Instructor: Thomas Ware

Bear Canyon, Room 4
Monday, 9:00 am–12:00 noon
Instructor: Feikje Scott

Calligraphy

Escribiente Society of Calligraphers

This non-profit group promotes, encourages and educates in calligraphy and related arts, and gives time to make calligraphy names for elementary schools raising funds for their libraries.

Manzano Mesa, Room 5
1st Wednesday, 6:00–9:00 pm
Instructor: Margaret Disque

Calligraphy

Learn the art of beautiful handwriting. You will learn 4 lettering styles (italic, chancery, cursive, book hand and uncial). Do a nice project while you have some fun.

North Valley, Room 2
Tuesday, Thursday, 10:00–11:00 am
July 20–August 5
\$10 materials fee
Instructor: Nancy Menges

Calligraphy: Beginning

Master the basic techniques of calligraphy—the art of beautiful writing. Combine your new-found knowledge of pens and papers with interesting projects weekly.

Bear Canyon, Room 6
Friday, September 3–24, 1:00–3:00 pm
\$25, all materials supplied
Instructor: Caryl McHarney, Award-winning calligrapher

Crafts

Craft Classes

Join us for a series of bracelet, needle weaving, gourd and beaded ring classes. See bulletin boards for class and times.

Palo Duro, Piñon
Thursday, 1:30–4:45 pm
July–December
Supplies and fees for each class.
Instructor: Ann Reilly

Basket Weaving

Learn how to weave reeds and ribs to create your own basket. Once you have mastered the art of weaving you are free to choose your favorite basket including market, oval, potato, or wall baskets.

Los Volcanes, Room 4
Thursday, 9:00 am–12:00 noon
\$10 plus the cost of weaving supplies approximately \$15
Instructor: Hummel

Arts and Crafts

This time is for beginners who want to learn and for the experienced who want to share. Crafts featured include: embroidery, crochet, counted cross-stitch, knitting, needlecraft and more. Bring your ideas, crafts and patterns to share with others.

Los Volcanes, Room 2
Wednesday, 9:00 am–12:00 noon
Instructor: DeVan

North Valley, Room 3
Wednesday, 9:00 am–1:00 pm
Instructor: Tony Keim

Barelas, Ceramic Room
Monday–Wednesday, Friday
9:00 am–2:00 pm
Instructor: Thomas Ware



Tile Class

Create various art works on tile. All levels of skill are welcome. See instructor for materials information.

Manzano Mesa, Room 3
Monday, 9:00 am–12:00 noon
Tuesday, 9:00 am–1:00 pm
Friday, 9:00 am–1:00 pm
 Instructors: Lawanda Strong,
 Daphne Kelly

Get It Done!

The group is like a modern day quilting bee. Participants chat while they “get done” those numerous projects that everyone has.

Palo Duro, Juniper
Friday, 1:00–3:00 pm

Crocheting, Knitting, Weaving

Happy Hookers Crochet Club

This informal group of crotcheters work on individual projects and a group project: making lap rugs for disabled veterans. Any age or experience level is welcome.

Manzano Mesa, Lobby
Monday, 1:00–3:00 pm
 Instructor: Sharon Martin

Coin Purse Making

Learn to crochet grocery shopping bags into crafts. You must know basic crochet stitch. Bring an F hook.

North Valley, Room 2
Tuesday, July 27
 5:30–7:30 pm
 \$20, Instructor: Lucia Malamocco



Crocheting

Join our fun-loving group for shared experiences, socializing and learning new techniques.

Los Volcanes, Room 10
Monday, 1:00–4:00 pm
 Instructor: McNabb

Highland, Room 4
Wednesday, 9:00–11:00 am

Barelas, Rooms 2 and 3
Tuesday, Friday, 9:00 am–3:00 pm

Palo Duro, Cottonwood
 This class includes knitting
Wednesday, 1:00–3:00 pm
 Instructors: Boggs, O'Neil



Knitting and Crocheting

Beginners to advanced are welcome. Beginners are taught the basics of knitting and techniques for creating sweaters, afghans, baby blankets, etc.

Bear Canyon, Room 6
Monday, 10:00 am–12:00 noon
 Instructor: Steidl

North Valley, Room 3
Wednesday, 9:00 am–4:00 pm
Friday, 9:00 am–1:00 pm
 Instructor: Paquin

Barelas, Rooms 2 and 3
Tuesday, Friday, 9:00 am–3:00 pm

Manzano Mesa, Room 3
Friday, 1:00–3:00 pm
 Instructor: Ericka Enghahl

Doll Making

Porcelain Doll Making

Learn this art while making a doll.

Los Volcanes, Room 4
Wednesday, 1:00–3:00 pm
 Instructor: Maness,
 materials not included

Flowering Bonsai

Flowering Bonsai Made Easy

Learn to train flowering plants (perennials only) to beautiful Bonsai (small tree). Supplies needed: small flowering plant, and a pair of scissors to class.

Palo Duro, Ponderosa Pine
Thursday, April 29–May 27,
June 3–24, July 1–15, 1:00–3:00 pm
 \$25, payable 1st day of class
 Instructor: Nicholas Ng,
 Professional Artist

Quilting

Tuesday Angels

This group makes pillows, quilts, stuffed toys and lap robes which are donated to community organizations.

Palo Duro, Aspen
Tuesday, 8:30–11:30 am
 Instructor: Phelan

Quilting, Community Service

Simple quilts are made and donated to the children at All Faiths Receiving Home and Birth Right. Donations of materials are always welcome.

Los Volcanes, Room 2
Thursday, 9:00 am–1:30 pm
 Instructor: Santillanes

Highland, Room 3
Monday, 9:00–11:00 am

Quilting: Experienced

This group of experienced hand quilters work on each other's quilts to completion.

Bear Canyon, Rooms 5 and 6
Tuesday, 8:30 am–12:00 noon
 Instructor: Frankie Clark

Quilting

Novice and experienced quilters are welcome to join.

Los Volcanes, Room 2
Thursday, 9:00 am–12:00 noon

North Valley, Room 3
Monday, 8:00 am–4:00 pm
Sunday, 1:00–4:00 pm

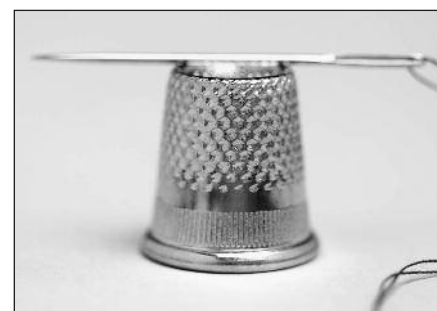
Highland, Room 7
Monday, Tuesday
 8:00 am–12:00 noon

Palo Duro, Cottonwood
Tuesday, 8:00–12:30
 Instructors: Narosonia Spartz and
 Wanda Stanton
Saturday, 9:00–2:00 pm
 Instructors: Rostel, Dixon



Barelas, Rooms 2 and 3
Tuesday, Friday, 9:00 am–3:00 pm

Activities are free with
 membership unless
 otherwise indicated.



Glass

Stained Glass

Learn how to cut glass, grind and copper foil glass, assemble, solder and complete projects.

Los Volcanes, Room 4
Friday, 1:00–4:00 pm
 Self Instructed

Palo Duro, Cottonwood
Friday, 9:30–11:30 am
 Instructor: Clum

Fused Glass Jewelry

Learn the art of “fusing” glass in a kiln by stacking colored layers of glass together to create patterns and shapes.

Highland, Room 1
 Open Studio Sessions:
Wednesday, 9:00 am–12:00 noon
Friday, 9:00 am–12:00 noon
 Instructor: Sue Copus
 Call center for next training session

Gourds

Gourd Art

You will have a choice of cleaned and cut gourd shapes and a variety of inks, dyes or paints for coloring; plus ideas for finishing. Wear appropriate clothing and bring a hair dryer each week.

Bear Canyon, Various Rooms
Tuesday, August 10, 17
Tuesday, December 7, 14
 2:30–5:00 pm
 \$30 per person
 Instructor: Ann Reilly

Gourd Art (Cut & Clean)

The first class is spent cleaning and cutting. The other 2 weeks are spent coloring and finishing. Bring an X-acto knife or box cutter if you have one.

Bear Canyon, Various Rooms
Tuesday, October 12, 19, 26
 2:30–5:00 pm
 \$35 per person
 Instructor: Ann Reilly

International Folk Arts**Colcha Embroidery**

Colcha is the traditional art of embroidery. You will be provided with a base fabric, proper embroidery needle, needle threader and Persian wool.

Bear Canyon, Room 3
Thursday, January 14–28
 1:00–2:30 pm
 \$30 + \$7/kit
 Instructor: Annette Turk

Los Volcanes, Room 1
August, Monday 2, 9, 16
 9:30–11:30 am
October, Thursday 14, 21, 28
 5:00–7:00 pm
December, Tuesday 7, 14, 21
 2:00–4:00 pm
 \$30 per person and \$7 for kit
 Instructor: Annette Turk Gutierrez

**Japanese Flower Arranging**

Learn the art of Japanese flower arrangement. Bring your own flowers (fresh) and container.

Bear Canyon, Room 3
Wednesday, 1:30–2:30 pm
 Instructor: Yoko Comstock
 No registration required

Making Kachinas

Hopi woodcarver, Rafael Sarracino, and his wife Pauline, will teach this six-week workshop. Learn to carve, paint, and dress a kachina. The Sarracinos will also talk about the cultural context of kachinas.

Bear Canyon, Room 6
Saturday, Sept 11–Oct 16
 12:00 noon–3:00 pm
 \$15
 Sponsored by Senior Arts, Inc.

**Mask Making**

Explore different ways of using familiar and new materials for masks. Materials include paper, clay, glazes, plaster of Paris gauze, paint and burlap. Other materials are incorporated in embellishments. All levels welcome. Materials included.

North Valley, Room 4
Tuesday, September 7, 14, 21,
October 5, 12, 19
 6:00–8:00 pm
 \$100 for all classes
 Instructor: Gustav Ntitorfor

**Mosaic Mirrors**

Learn how to cut, set and grout mosaic tile! Learn skills you can use on planters, small murals, or on your walls at home! Most materials will be provided. You may bring your favorite small trinkets, beads, etc. to add to your piece.

North Valley, Room 4
Tuesday, August 10, 17, 24, 31
 5:30–7:30 pm
 \$45
 Instructor: Lindy Hurst

**Tin Working Workshop**

Tinsmith, Jason Younis y Delgado will teach a number of four-week and two-week workshops in Spanish Colonial Tinwork. All levels welcome.

Bear Canyon, Room 3
Thursday, July 1, 8, 15, 22
Thursday, September 2, 9, 16, 23
Thursday, Oct 21, 28, Nov 4, 18
Thursday, December 2, 9
 1:00–2:30 pm

Highland, Room 2
Thursday, July 1, 8, 15, 29
Thursday, September 2, 9, 16, 23
Thursday, December 2, 9
 9:15 am–11:00 pm

Barelas, Classrooms 2 and 3
Tuesday, July 6, 13, 20, 27
Tuesday, Sept 28, Oct 5, 12, 19
Tuesday, Nov 29, Dec 6

\$55 per person for 4-week session
 \$30 per person for 2-week session

Retablos/Hispanic Folk Art

Based on Hispanic folk art, learn the fine art of making retablos.

North Valley, Room 3
Wednesday, 1:00–4:00 pm
 Instructor: Anita Andrade

Barelas, Rooms 2 and 3
Tuesday, 9:00 am–12:00 noon
 George Salazar

Rosemaling

We do Rosemaling from Norway, Dalmalning from Sweden, Hindeloopen from Holland and Bauernmalerei from Germany and others. Bring a wood piece and we will help you get started.

Bear Canyon, Room 5
Friday, 9:30–11:30 am
 Instructor: Diana Ekedal
 No registration required

Rosemalers of New Mexico

Join others in exploring the fine art of Norwegian folk art painting.

Bear Canyon, Room 5
2nd Saturday, 9:30 am–1:00 pm
 Diana Ekedal

Swedish Weaving

Swedish Weaving is an art of weaving yarns through a counted cloth, called Monk's Cloth.

Los Volcanes, Room 2
Tuesday, 12:00 noon–2:30 pm
 Instructor: Brunyansky, Lois

Lapidary**Lapidary**

Learn the art of working, forming and finishing stone, mineral, gemstones, and other durable materials into functional and decorative items.

Highland, Room 1
Friday, 8:00 am–12:00 noon

Palo Duro, Juniper
Thursday, 8:00–12:00 noon
 Instructor: Andazola, Ellis

Leather Craft

Learn the art of hand tooled leather crafting. Students must buy leather. Some tools are provided.

Palo Duro, Aspen
Tuesday, 12:00 noon–2:00 pm
 Instructors: Love, Scott

Metals**Beginning Silversmithing I**

This course introduces students to basic techniques of classic silversmithing. The course fee includes materials for the first project—a pendant.

Palo Duro, Juniper
Wednesday, 9:00 am–12:00 noon
 \$45 payable to instructor
 Instructor: Provencio

Silversmithing

For students with a basic knowledge of jewelry making. Topics include: techniques in setting stones and repairing silver jewelry, design and construction of various types of jewelry pieces; earrings, bracelets, etc.

Highland, Room 1
Wednesday, Friday, 9:00–11:00 am

Metal Casting

Learn basic skills and methods of metal casting.

Palo Duro, Juniper
Tuesday, 9:00–11:30 am
 Instructor: Ellis

Paper**Introduction to Papermaking**

Papermaking is fun, wet and immediate. Learn traditional techniques in this 3-session class to make your own paper using natural fibers, such as leeks, rhubarb, eggplant, and onion.

Bear Canyon, Room 4
Saturday, August 7, 14, 21
Saturday, September 11, 18, 25
Saturday, October 16, 23, 30
 9:30–11:00 am
 \$20 per person
 Stephanie Lerma



Most classes require reservations and payment to the instructor at the first class.

Greeting Cards

Never buy another greeting card. Send your original personalized greetings for all seasons to friends and family. Learn techniques, materials, and methods.

Bear Canyon, Room 6
Friday, October 1–22, 1:00–3:00 pm
 \$25 fee, all materials supplied
 Instructor: Caryl McHarney,
 award-winning designer

Pottery

Pottery Lab

For advanced and intermediate pottery students only.

Los Volcanes, Room 4
Thursday, 1:00–4:00 pm
 Self-directed

Palo Duro, Piñon
Wednesday, 8:00–11:30 am
 Self-directed

Bear Canyon, Room 4
Friday, 12:30–4:30 pm
 Instructor: Christine Evans

Pottery: Guided Studio

For those with previous experience.

Bear Canyon, Room 4
Wednesday, 1:00–4:45 pm
 Instructor: Christine Evans, materials
 No registration required

Pottery: Introduction

Make pinch pots, work with coils and slabs, use the wheel, and sculpture fundamentals. Experienced students welcome. Materials fee.

Barelas, Room 4
Monday, 1:00 pm–3:00 pm
Tuesday, 9:00 am–12:00 noon
 Instructor: Marilu Tejero

Bear Canyon, Room 4
Thursday, 9:00–11:30 am
 Instructor: Christine Evans



Pottery: Beginning–Intermediate

Beginners learn to coil and use slabs. Intermediate students will learn to use the potter's wheel. Everyone will learn basic sculpture techniques.

Manzano Mesa, Room 3
Wednesday, 5:00–6:30 pm
 \$65 for five-week class
 Instructor: Marilu Tejero

Pottery: Intermediate–Advanced

For intermediate to advanced students only. Learn the latest pottery techniques. Materials fee.

Manzano Mesa, Room 3
Tuesday, 9:00 am–1:00 pm
 Instructor: Carolyn Rigiroszi
Thursday, 9:00 am–1:00 pm
 Instructor: Lea Jones

Los Volcanes, Room 4
Wednesday, 9:00 am–12:00 noon
 Instructor: Christine Evans

North Valley, Room 4
Monday, 9:00 am–12:00 noon
 Instructor: Christine Evans
 This class is for all levels

Highland, Room 2
Monday, 1:00–4:00 pm
 Instructor: Christine Evans

Bear Canyon, Room 4
Tuesday, April 20–October 5
 9:00–11:30 am
 Instructor: Christine Evans

Mata Ortiz Pots

Create small pots in the Mata Ortiz Mexico style. Make pots, trim, polish and paint the pots.

North Valley, Room 4
Tuesday, October 26, Nov 2, 9, 5
 5:00–7:00 pm
 \$45, materials included
 Instructor: Dave Hoover



Punch Quilting

Punch Quilting

A simple “no sew” way to create fabric pictures and wall hangings. Just score your design on foamboard, cut shapes from batting and fabric, and punch the edges into the foamboard for a 3-D look.

Manzano Mesa, Room 3
Tuesday, 1:00–3:00 pm
 \$10 payable at first class
 Instructors: C.D. Arntzen and B. Knight

Telescope

ATM (Amateur Telescope Making)

Make your own telescope.

Manzano Mesa, Room 3
1st Wednesday, 7:00–9:00 pm
 Instructor: Mike Pendley



Woodcarving

Woodcarving

Women and men of all skill levels enjoy woodcarving in this ongoing class.

Los Volcanes, Room 10
Tuesday, 9:00–11:00 am
Wednesday, 1:00–3:00 pm
 Instructors: Richey, Upson, Lovato

Bear Canyon, Room 4
Friday, 8:00 am–12:00 noon
 Instructor: Richard F. Cobb

Manzano Mesa, Room 3
Wednesday, 8:00–11:00 am
 Instructor: Ralph Manchego

Self Improvement

Ask the Doctor

Discussion of medical problems covering diagnosis, treatment and recovery.

Manzano Mesa, Room 4
2nd Tuesday, 10:00–11:00 am
 Dr. Francis Roe

Blood Pressure Screening

Bear Canyon
Wednesday, 9:00–11:00 am
Highland
Tuesday, Friday, 9:00–11:45 am
Palo Duro, Aspen
Monday, 9:30–11:30 am
Barelas, Aspen
1st & 3rd Thursday, 11:00 am

Lip Reading

Learn how to use the topic of speech and the context of sentences to enhance speech understanding.

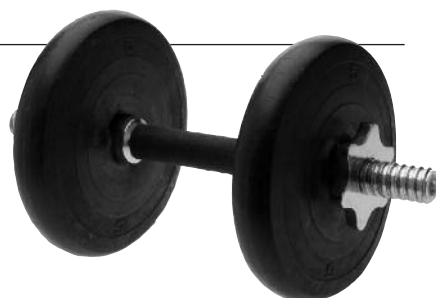
Bear Canyon, Room 1
Monday, 12:30–1:30 pm
 \$5 materials,
 no registration required
 Instructor: Jean Dugas

T.O.P.S. Take Off Pounds Sensibly

Manzano Mesa, Room 4
Monday, 9:30–11:15 am
 Instructor: Dottie Bellach
Friday, 10:00–11:30 am
 Instructor: Betty Demenge
Los Volcanes, Room 10
Monday, 8:00–9:00 am
 Instructor: Mary Kay Olson
Palo Duro, Aspen
Monday, 11:45 am–1:00 pm
 Instructor: Jaunell Eberting



We offer a variety of
 Weight Training Classes
 Page 35.



Comedy Improv
Acting Workshop

Workshop focuses on character development, comedic timing and scene work. Participants will perform in periodic showcases.

North Valley, Social Hall
July–November, Starting July 6,
2nd and 4th Tuesday, thereafter
5:30–7:30 pm
\$40 per month
Instructor: Beverly Vigil



Conversations with God

In the spring of 1992, a very unhappy, frustrated and angry man was facing a serious crisis. Having taught himself to journal his thoughts, he directed his venom to the one we call God. And to his shock and amazement, through the process of automatic writing, God answered back.

Palo Duro, Ponderosa Pine
Friday, July 9–30, August 13–27,
September 10–24, October 8–29,
10:00–11:30 am
Instructor: Eff-nine

Discussion Group

Join us for a discussion on various topics. Bring your ideas and have fun.

Palo Duro, Aspen
Thursday, 1:00–3:00 pm
Zahnle

Downsizing with Style

Learn how to move into a smaller living space by winnowing down the accumulations from a larger home.

Palo Duro, Ponderosa Pine
Saturday, September 4
10:00 am–12:30 pm
\$15 payable 1st day of class
Instructor: Claudia Lucas–IR



GPS-Geocaching Activity

Bring your field GPS, charged batteries, manual and a keen sense of direction as we locate various caches within the Highland Senior Center area using GPS skills taught in basics.

Highland, Room 3
Saturday, July 17, 1:30–3:30 pm
\$10 per person
Instructor: Walt Punke



Home Composting Class

You can create your own inexpensive soil amendment and reduce disposal costs. Your garden will benefit from the nutrients. Instead of sending food scraps to the landfill, make them a gourmet delight for your garden or trees.

Los Volcanes, Room 2
Saturday, July 17, Aug 21,
Sept 18, Oct 16, Nov 20, Dec 18,
9:00–11:00 am
Instructor: John Zarola



De-Clutter Your Home

Learn how to de-clutter your home using innovative storage solutions to help streamline spaces into well-organized space.

Palo Duro, Ponderosa Pine
Saturday, October 2, 10:00–11:30 am
\$10 payable 1st day of class
Instructor: Claudia Lucas–IR



It's Easy Being Greener

Explore and share ideas on how to be “greener” with our energy use, with our gathering and use of “stuff.”

Palo Duro, Ponderosa Pine
Wednesday, October 6, 10:00–11:30 am
Instructor: John Holmes,
Energy Engineer

Legacy Letters, Ethical Wills

Legacies are the footprints we leave behind. Write about what really counts in our lives, beliefs, values, ideas and reflections rather than material wealth.

North Valley, Room 3
4th Thursday, 1:00–2:00 pm
Starting in July
Instructor: Elizabeth C. Etigson

Off-Road GPS Basics

Bring your GPS, manual, charged batteries with backup to practice ‘navigating’ the menu options and settings, Geocaching and exploring pleasure.

Highland, Room 3
Saturday, July 17, 10:00 am–12:00
\$10 per person
Instructor: Walt Punke
North Valley, Room 3
Tuesday, November 2, 5:30–7:30 pm
\$10 per person
Instructor: Walt Punke



Organic Grocery Shopping

Learn to buy and prepare organic food for a healthier you. We will visit three area grocery stores that carry organic foods to show you how to begin shopping organically with a final class to share recipes and helpful hints.

Highland, Room 8
Friday, August 6, 13, 20, 27
2:00–3:00 pm
or
Friday, October 1, 8, 15, 22
2:00–3:00 pm
\$30 per person, \$2 handout fee
Instructor: Polly Jackson

Owner's Manual:
The Fountain of Youth!

Learn to draw upon natural methods from Eastern/Western, and Ancient/Modern natural healthcare traditions to keep yourself in top shape.

Highland, Room 4
Thursday, August 5, 12, 19
9:00 am–12:00 noon
Instructor: Dr. Cornish, D.O.M.

Personality, Types and
Intimate Relationships

Which one of the four primary personality types are you—an ‘Explorer’, ‘Builder’, ‘Director’ or ‘Negotiator’? Discuss these traits for understanding and insight into relationships and interactive quality of life.

North Valley, Room 3
Tuesday, October 19, 5:30–7:030 pm
\$12 per person, \$18 per couple
Instructor: Walt Punke



Solar Power:
Hope, Hype, or Reality

Learn about the principles and uses of solar power, residential and commercial applications, the advantages and disadvantages of solar power, and how to use solar power more effectively. The last half hour of the class will be a fun hands-on demonstration outside.

Palo Duro, Ponderosa Pine
Wednesday, September 22
10:00–11:30 am
Instructor: John Holmes,
Energy Engineer

Spring Flowering Bulbs

Want a beautiful spring garden? Tip toe through your tulips and learn how to “Spring Flowering Bulbs.”

Palo Duro, Ponderosa Pine
Wednesday, September 8
9:30–11:30 am
Instructor: Karen Davis,
Horticulturist

Three American Poets

Join us for a reading and discussion of three 20th century American poets, Robert Frost, William Carlos Williams and Kenneth Rexroth. Learn about the poets’ lives, and how they relate to ours. Presented by New Mexico Humanities Council.

Palo Duro, Ponderosa Pine
Wednesday, August 25
10:00–11:00 am
Presenter: Don Gutierrez

Planning for the Time
Opportunities of Retirement

Be prepared for the unexpected consequences of available time, identity change, and emotional differences experienced when one retires. Class includes a booklet of activities and brainstorming exercises formulated to help prepare one for a satisfying change in life style during retirement.

Highland, Room 3
Saturday, July 10, 1:00–5:00 pm
\$30 per person
Instructor: Walt Punke



North Valley, Library
Tuesday, November 9, 16
5:00–7:00 pm
\$30 per person
Instructor: Walt Punke



Anthropology

This course covers cultural and physical anthropology, as well as archaeology. Learn how we got the color of our skin, how traditions began, why they continue and much more.

Bear Canyon, Room 3
Monday, August 16–December 20
10:15–11:15 am
Instructor: Joan Ludeke

Music Classes

Piano Workshop

This piano instruction is offered to beginners and intermediate students.

Bear Canyon, Room 3
Beginning, **Thursday, 9:30–10:30 am**
Intermediate, 10:30–11:30 am
No classes June, July and August
Instructor: Darlene Cox
No registration required

The Piano or Keyboard

Learn to play the piano in only ten one-hour sessions. This class is designed for success, easy to follow instructions, super simple songs, easy to read big notes and no previous musical training required.

Los Volcanes, Room 10
Saturday, July 3–September 4
9:30 am–10:30 am
Instructor: Henry Smith
\$20 materials fee (10 lessons),
pay instructor first day of class



Violin Workshop

Learn the basics of playing the violin. Students must have their own instrument. Beginners welcome.

Bear Canyon, Room 1
Friday, 8:00–10:00 am
Instructor: Garcia
No registration required

Harmonica By Ear

Too old to learn? No way! Come and learn how to play the harmonica and learn the fundamentals of playing by ear. Bring a "C" harmonica.

Palo Duro, Juniper
3rd Saturday
10:00 am–12:00 noon
Instructor: Bruce Irwin
\$25 payable to instructor
harmonicas available at Apple
Mountain Music and other stores \$10

Language Classes

Dutch Speaking Group

Speak Dutch? Join us in the lobby to converse, share jokes and enjoy each other's company.

Bear Canyon, Lobby
Friday, 10:00–11:30 am

French: Intermediate

This is a progressive French class in which students review French grammar, read from French literary texts, practice French conversation and familiarize themselves with French history and culture.

Bear Canyon, Room 3
Saturday, July 10–December 18
9:30–11:00 am
\$30 charge per semester.
Instructor: Pierre Fontaine

French: Advanced

An emphasis on conversation, reading and translation with some grammar. Everyone with a good basis in French is welcome to attend.

Palo Duro, Aspen
Monday, 1:00–3:00 pm
Instructors: Goldsmith, Tailby

German: Beginning

This is a continuing class in beginning German, which started with the basics of pronunciation and grammar. See the instructor about textbook.

Palo Duro, Aspen
Thursday, 8:45–11:30 am
Instructor: Ohlen

German Conversation: Beginning

Language fundamentals with emphasis on conversation. A new textbook and some new methodology will make this course different from previous ones taught by the instructor.

Bear Canyon, Room 1
Monday, September 13,
2010–December 12
10:00 am–12:00 noon
\$22, textbook is *German DeMystified*
(special ordered Sept. 1 at Page One
Bookstore).
Instructor: Allen Roth



Italian: Beginning

Learn the basics of this romantic language.

Bear Canyon, Room 3
Tuesday, 11:00 am–12:00 noon
Instructor: Alex Trujillo

Italian: Intermediate

Class emphasis is on reading, grammar, conversation and verb conjugation.

Bear Canyon, Room 3
Monday, 1:00–3:00 pm

Italian for Beginners III

An ongoing class for those with elementary experience with the language. The enjoyment and pleasure of learning Italian conversation, grammar, reading and culture are part of the class experience.

Los Volcanes, Room 2
Wednesday, 2:00–4:00 pm
Instructor: John Zarola
\$2 per class

Italian Workshop: Intermediate

Emphasis is on reading, grammar, conversation and verb conjugation. Students acquire the basic tools to get around in Italy, as well as an appreciation of the culture.

Bear Canyon, Room 3
Tuesday, 11:00 am–12:00 noon
Register with Alex Trujillo

Monday, 1:00–3:00 pm
Instructor: Lydia Coons
No registration required

Spanish: Beginning

This 12-week course is designed for those with little or no knowledge of Spanish. We cover basic vocabulary, and conversation, with an emphasis on grammar.

Bear Canyon, Room 3
Wednesday, Sept 8–Nov 24
10:00–11:00 am
Instructor: Bob Meadows

Spanish: Intermediate

Converse, read, and translate.

Palo Duro, Ponderosa Pine
Tuesday, 1:00–3:00 pm
Instructor: Arndt

Spanish Workshop: Intermediate/Advanced

Conducted mainly in Spanish, with activities that emphasize speaking, listening and reading. Students take turns planning for and conducting the class. Call to see if space is available.

Bear Canyon, Room 3
Tuesday, 9:00–11:00 am
Instructors: Arenholz, Siler
No registration required

Spanish Workshop: Contemporary/Conversation

Carry on conversations with others in Spanish. Improve fluency through use.

Bear Canyon, Room 3
Tuesday, 1:00–3:00 pm
Instructors: King, Campbell
No registration required

Spanish 101

Join us for a fun way to learn conversational Spanish.

Los Volcanes, Room 1
Thursday, July 8–Aug 26 (8 weeks)
Thursday, Sept 2–Oct 21 (8 weeks)
Thursday, Oct 28–Dec 16 (8 weeks)
10:00 am–12:00 noon
\$25, Instructor: Lupe Rivera

Spanish 102

A fun way to learn conversational Spanish.

Los Volcanes, Room 1
Saturday, July 10–Aug 28 (8 weeks)
Saturday, Sept 4–Oct 23 (8 weeks)
Saturday, Oct 30–Dec 18 (8 weeks)
10:00 am–12:00 noon
\$25
Instructor: Lupe Rivera

Writing Classes and Groups

..... TGIF Poetry

Devoted to reading poetry by its members, contemporary poets, as well as great poets of the past.

Bear Canyon, Room 3
1st and 3rd Friday, 1:00–3:00 pm
Allan Roth, no registration required

..... Writing Fiction, Non-Fiction and Poetry

All forms of writing are explored.

Bear Canyon, Room 1
Monday, 1:30–2:45 pm
Rob Spiegel, Larry Greenly
No registration required

Memoirs/Recuerdos

Write your memories for your children and grandchildren.

North Valley, Room 2
Every other Thursday, 1:00–3:00 pm
Instructor: Lucinda Sachs

..... Creative Writing

Aspiring writers meet weekly to create, share, critique and perfect their works. The group offers a supportive and non-threatening way to learn how to improve your writing skills.

Highland, Room 1
Thursday, 1:00–3:00 pm



Writing for Fun

This group formed for encouragement in the “inspirational” literary field. Critiques are amicable and offered only when requested.

Manzano Mesa, Room 5
Monday, 1:00–3:00 pm
Lee Brown

..... Libros: Book Arts

An “Artists book” is a book in which the primary interest, or emphasis, is visual rather than textual.

North Valley, Room 4
1st Sunday, 1:00–4:00 pm
Dale Harris

Society of Children’s Book Writers and Illustrators

Writers and illustrators meet to discuss the art of writing children’s books.

Manzano Mesa, Room 5
2nd Tuesday, 7:00–8:45 pm
Lisa May

..... Writing Practice

We approach writing as a personal practice for discovery and enrichment. It is not publication oriented or product focused.

Palo Duro, Aspen
Wednesday, 9:30–11:30 am
Dotson

Games and Cards

Board Games & Puzzles

Play board games, Loteria (Spanish bingo), or put a jigsaw puzzle together.

North Valley, Social Hall
Thursday, 9:30–11:00 am

..... Bingo

With cash and prize giveaways, raffle drawings and refreshments.

Highland, Social Hall
Monday, 1:30–4:00 pm
Manzano Mesa, West Social Hall
Thursday, 1:30–4:00 pm
Bear Canyon, Social Hall
Wednesday, 1:30–4:00 pm

Barelas
Tuesday, 1:30–4:00 pm

North Valley
Wednesday, 1:30–4:00 pm

Los Volcanes, Social Hall
Friday, 1:15–3:30 pm

Palo Duro, Mesquite
Tuesday, 1:15–4:00 pm

..... Bridge: Party

Most games require you to have your own foursome.

Highland, Room 4
Mon, Thur, Fri, 1:00–4:30 pm

..... Bridge

Newcomers are welcome.

Manzano Mesa, Sitting Room
1st & 3rd Friday, 10:00 am–2:30 pm

Bridge: Duplicate

Players are invited to participate in this non-sanctioned game. Prearrange your partners before the game or call 881-9725 to locate a possible partner.

Bear Canyon, Room 5
Thursday, 12:45–4:30 pm
50¢ per person
Instructor: Dick West

Palo Duro, Cottonwood
Monday, 11:45 am–4:00 pm
Friday, 12:00 noon–3:30 pm

..... Friday Party Bridge

Regular players are already in place, but newcomers are welcome to sign-up as substitutes.

Bear Canyon, Room 1
Friday, 12:15–3:30 pm

..... Saturday Bridge

For intermediate or better bridge players.

Bear Canyon, Room 1
Saturday, 9:00 am–3:00 pm

..... Walk-In Bridge

No need to sign up, just show up.

Bear Canyon, Room 5
Thursday, 8:30–11:30 am

..... Widows Bridge Club

Eight regular teams with their captains play party bridge. Newcomers are welcome to sign up as substitutes.

Bear Canyon, Room 6
Wednesday, 12:15–3:30 pm

Canasta

Learn to play hand and foot Canasta.

Highland, Room 3
Monday, 1:00–4:00 pm

Bear Canyon
Monday, 12:00 noon–5:00 pm, Room 6
Thursday, 12:00 noon–6:30 pm, Room 1
Instructor: Bev Butterfield

..... Chess for Fun

Learn the basics, or the complex moves of the masters. All levels welcome.

Bear Canyon, Lobby
Monday, Wednesday, Friday
12:30–5:00 pm
Instructor: Lloyd Gustafson

..... Cribbage

Bear Canyon, Lobby
Tuesday, 9:30–12:00 noon
Instructor: Ray Kranz

Palo Duro, Cottonwood
Friday, 1:00–3:00 pm
Instructor: Goodman

..... Mah Jongg

This game is played with 1434 tiles that are drawn and discarded until a player gets a winning hand.

Bear Canyon, Room 5
Monday,
12:00 noon–5:00 pm
Instructor: Carrie Przekurat

Los Volcanes
Thursday, 12:15–4:15 pm
Instructor: Finegold, Martinez



Mexican Train

Highland, Room 4
Wednesday, 12:30–3:30 pm

Los Volcanes, Room 10
Tuesday, 12:15–4:15 pm
Instructor: Finegold

..... Pinochle

Manzano Mesa, Room 4
Wednesday, 12:00 noon–4:00 pm

Bear Canyon, Room 6
Tuesday, 1:00–4:45 pm
Instructors: Kathleen & Carlton Valcourt

..... Poker

North Valley, Library
Monday–Friday, 12:00 noon–4:00 pm

Bear Canyon, Pool Room
Monday–Friday, 12:30–5:00 pm

Los Volcanes, Room 9
Monday–Friday 12:00 noon–4:30 pm

..... Scrabble

Bear Canyon, Room 6
Monday,
12:00 noon–5:00 pm
Instructor: Simpson

Palo Duro, Ponderosa Pine
Wednesday, 12:00–4:00 pm
Instructor: Simpson

..... Shanghai Rummy & Bridge

Drop by to join in a game.

Bear Canyon, Lobby
Tuesday, 12:00 noon–4:30 pm



Sports and Fitness Classes

Air Gun Practices

For beginners interested in learning the sport of Air Gun or those that would like to hone their skills for competition. (by reservation)



Eldorado High School,
Rifle Range
Contact: Major Jim Korber,
Senior Instructor, Eldorado High
School JR ROTC at 296-4871 or
Dick Perry at 856-7008.

Adapted Aquatics

Taught in therapeutic 92 degree water, this class helps increase mobility as you develop strength and endurance.

UNM, Therapy Pool
Monday–Friday, 1:00–2:00 pm
\$1, call 880-2800 for info
50¢ transportation available on
Monday, Wednesday and Friday
from all seven Centers.

Badminton

Badminton is beneficial to both your physical and mental well-being. It provides cardiovascular benefits, as well as weight-bearing exercise needed for musculoskeletal health. This is competitive badminton—a demanding sport.

Manzano Mesa, Gym
Monday, Friday, 1:00–4:00 pm
Beginners
Tuesday, 6:00–9:00 pm
Advanced



Wells Park Community Center, Gym
Tuesday & Thursday, 1:30–3:30 pm

Wilson Middle School, Gym
(beginning in September)
Saturday, 12:00–4:00 pm



Coordinators: Terry and Nan
Lauritsen, 266-8237



The 2010 “Compete & Meet” Games

There are 4 events remaining in our friendly competitions.



Weight Training Workshop

Liberty Gym
Saturday, August 28, 9:00 am
\$20.00
David Torrez, NASA
certified coach

Tennis Doubles Tournament

Jerry Cline Tennis Complex
Saturday–Sunday,
September 25–26, 8:00 am
\$10.00 per event

Bocce Ball Competition

Bravo! Cuchino
Italian Restaurant
Saturday–Tuesday
October 9–12, 9:00 am
\$10.00

Weight Training Competition

Liberty Gym
Saturday, October 30, 9:00 am
\$10.00 or free with workshop
NASA Sanctioned

Drop-In Basketball

Teams are formed as participants show up and sign in.

Manzano Mesa, Gym
Monday, 11:00 am–1:00 pm,
7:00–9:00 pm
Tuesday, 10:00 am–1:00 pm,
11:00 am–1:00 pm (50+)
Wednesday, 11:00 am–12:00 pm,
6:00–9:00 pm
Thursday, 10:00 am–1:00 pm (50+)
Friday, 11:00 am–1:00 pm,
7:00–9:00 pm
Saturday, 11:30 am–1:00 pm
(W. gym open, E. gym 50+)
Saturday schedule subject to change



Billiards

A great way to visit and meet with friends. A variety of games are played at each center. Donation requested.

Barelas, Billiards Room
Monday–Friday, 8:00 am–5:00 pm

Bear Canyon, Billiards Room
Monday–Friday, 8:00 am–5:00 pm
Saturday, 9:00 am–3:00 pm

Highland, Billiards Room
Saturday, 10:00 am–5:00 pm
Monday–Friday, 8:00 am–5:00 pm

Los Volcanes, Billiards Room
Monday–Friday, 8:00 am–5:00 pm
Saturday, 9:00 am–3:00 pm
Thursday, 8:00 am–7:00 pm

North Valley, Billiards Room
Monday–Friday, 8:00 am–5:00 pm
Tuesday, 8:00 am–7:00 pm

Palo Duro, Billiards Room
Monday–Friday, 8:00 am–5:00 pm
Wednesday, 8:00 am–7:00 pm
Saturday, 9:00 am–1:00 pm



Eight Ball Pool Tournament

Put your billiards talents to use by joining us for an eight ball pool tournament. Space is limited.

North Valley, Billiards Room
Monday, September 20, 10:30 am
\$2.50 registration fee
Register by Tuesday, September 7

Fitness Facilities

Our fitness facilities are equipped with strength training and cardio equipment.

You may use the weight rooms with your current \$13 per year center membership. There is a contribution of 50¢ per visit.

Free equipment orientations are available by appointment.



Palo Duro 50+
Sports & Fitness Center
880-2800, 3351 Monroe, NE

Los Volcanes 50+
Sports & Fitness Center
839-3710, 6500 Los Volcanes, NW

Manzano Mesa, Fitness Room
275-8731, 501 Elizabeth, SE
(18 years of age and older)

North Valley, 761-4025
3825 Fourth Street, NW

Dance Classes

Line Dance

Great for people who love to dance but don't have a partner—Everyone learns the dance and dances in a line.

Barelas, Social Hall

Beginning, Virginia Garcia
Friday, 12:45–1:30 pm

Bear Canyon, Social Hall
Beginning, Clarada Hull
Thursday, 3:30–4:30 pm

Intermediate I, Clarada Hull
Tuesday, 3:00–4:30 pm

Intermediate II, Clarada Hull
Tuesday, 1:30–3:00 pm

Advanced, Clarada Hull
Tuesday, 1:30–3:15 pm

Highland, Social Hall

Intermediate I, Maggie Bice,
Wylene Santistevan
Tuesday, 1:30–3:00 pm

Los Volcanes, Social Hall
Beginning, Jeanette C. Finegold
Tuesday, 9:30–10:30 am

Intermediate
Thursday, 9:00–10:00 am
\$1, Kathy Tidy

Thursday, 10:00–11:00 am
\$1, Instructor: Kathy Tidy

Los Volcanes 50+ Sports & Fitness,
Aerobics Room

Beginning, Carri Fox
Tuesday, 10:45–11:45 am

Manzano Mesa, Social Hall
Beginning, Georgette Smith
Wednesday, 1:30–4:30 pm

Intermediate, Wylene Santistevan
Friday, 1:30–4:30 pm

Advanced, Wylene Santistevan
Friday, 1:30–4:30 pm

North Valley, Social Hall

Beginning
Monday, 1:00–2:00 pm
\$1, Instructor: Clarada Hull

Palo Duro, Mesquite

Advanced, K. Tidy
Monday, 1:30–3:00 pm
2nd, 3rd, 4th Saturday, 10:30 am–12:00

Beginning, K. Tidy
Monday, 3:15–4:30 pm
2nd, 3rd, 4th Saturday, 9:00–10:30 am

Beginning, K. Tidy
Thursday, 9:00–10:00 am

African Dance/Drum Class

This combination class incorporates various styles of African dance and drumming. The group is being recognized as a new form of entertainment, and asked to perform at events. No experience is necessary.

Manzano Mesa, Room 4
Tuesday, 2:15–3:30 pm
Instructor: Camilla Dodson

Beginning: Ballroom/Latin Dance

Learn the proper technique and style of "Social Dancing." Learn popular dances like the Waltz, Tango, Cha Cha, Rhumba, Foxtrot, East Coast Swing and West Coast Swing.

Bear Canyon, Social Hall
Thursday, July 1–August 26
5:00–6:00 pm
Instructor: Fred Laureta
\$8 per person or
\$15 per couple

Intermediate: Ballroom/Latin Dance

Continuation of Beginning Ballroom/Latin/Swing dance lessons for 9 sessions. Students will learn another Latin dance, Salsa-Cumbia.

Bear Canyon, Social Hall
Thursday, Sep 2–Oct 28
5:00–6:00 pm
\$8 per person or \$15 per couple
Instructor: Fred Laureta

Latin Spice Dance

Spice up your exercise with dance. No experience needed.

Manzano Mesa, East Social Hall
Wednesday, 9:30–10:30 am
\$20 per month
Instructor: Barbara Weiss



Look for this logo for
evening & weekend activities

Beginning Argentine Tango

Paul will teach two sessions of 4 classes each, funded by a grant from the Nate Weinberg Endowment for senior centers provided by Senior Arts, Inc., through the Albuquerque Community Foundation.

Bear Canyon, Social Hall
Saturday, Session I: July 10–31;
Session II: September 11–October 2
11:30 am–12:30 pm
\$15 per person
Instructor: Paul Akmajian

Salsa-Robics (dance)

Women and men are welcome! The tempo of the music, the syncopated patterns of the Cha Cha, Salsa/Mambo, Samba, and Rumba combined with the intensity with which the exercises are approached, determine the aerobic benefit, making this suitable for virtually everyone. This is a fun way to relieve stress, improve flexibility and build stamina. Wear comfortable clothes and shoes.

Los Volcanes, Social Hall
Thursday, 6:00–7:00 pm
Saturday, 10:30–11:30 am
Instructor: Sonya Trujillo
\$2

Beginning Ballet: Adults & Children

Learn poise, grace, balance, self-confidence and discipline, while also getting excellent exercise and having fun! Give yourself and your child the gift of movement.

Manzano Mesa, Social Hall
Saturday, 9:30–10:30 am, Children
Saturday, 10:30 am–11:30 pm, Adult
Instructor: Anna Marie Urioste,
314-5591, 712-9397

Clogging: Intermediate

Clogging began in the Appalachian Mountains. The word "Clog" comes from the Gaelic word meaning, "time." Clogging is done to all kinds of music from Country Western to WWII songs.

Manzano Mesa, East Social Hall
Friday, 9:30–11:00 am
Instructor: Ann McCoy

Japanese Folk Dancing

A wonderful introduction to the culture and spirit of the "Land of the rising sun."

Bear Canyon, Room 6
Saturday
10:00 am–12:00 noon
Instructor: Natsuko Edelman

Polynesian Dance Group

Study and practice Polynesian Dance.

Manzano Mesa, Room 4
Monday, 7:00–9:00 pm
Instructor: Lava Buckley

Hula

Experience the grace and beauty of the Hula—the art and soul of Hawaii as you learn about Hawaiian culture. Taught by native Hawaiian, Cindi Heffner. Hula can be also be done while seated.

Bear Canyon, Room 6
Thursday, Sept 23–Oct 28
5:30–6:30 pm • \$15 per person
Sponsored by Senior Arts, Inc.

Tap Dance

Learn to tap dance basic steps and routines while getting your exercise.

Palo Duro, Mesquite
Tuesday, 9:30–11:00 am
Instructor: Emmett

Wise Women Belly Dance

Belly dance as fitness, spiritual growth and empowerment is also a celebration of female spirit and the joy of movement. Belly dance displays the strength and beauty of women of all sizes, ages and shapes.

Manzano Mesa, Social Hall
Thursday, 5:45–6:45 pm
Instructor: Amaya

Natural Dance

A joyful approach to improving physical and mental well being focuses on movements used in daily activities such as walking, bending, twisting and lifting. Find balance, alignment and efficient movement through gentle exercise set to music.

Palo Duro, Mesquite
Wednesday, 5:30–6:30 pm
\$40 for 4 week session, ongoing
Instructor: Marta Lichlyter

For more information: www.cabq.gov, your local senior center,
and in the 50+ Sports & Fitness Catalog (available in October or 2010)

Nia Technique Workshop

Palo Duro, Cottonwood Room
Thursday, 9:00–10:00 am
 August 12, 19, 26, September 2, 9
 Instructor: Michele Diel
 \$5 session payable 1st day of class

NIA (Dancing through Life)

Created by Carlos and Debbie Rosas, Nia draws from the dance, martial, and healing arts. Nia is a transformational movement practice that increases the pleasure of living in your body, creating weight loss, strengthening muscles, and improving muscle tone and definition. Done barefoot to inspiring world music, Nia calms the mind and relieves stress.

Barelas, Classrooms 2 and 3
Monday & Wednesday, 1:30–2:30 pm
 Session 1: July 12, 14, 19, 21, 26, 28, Aug 2, 4
 Session 2: Aug 23, 25, 30, Sept 1, 8, 13, 15, 20
 Session 3: Sept 22, 27, 29, Oct 4, 6, 11, 13, 18
 Session 4: Oct. 20, 25, 27, Nov 1, 3, 8, 10, 15
 Session 5: Nov 17, 22, 24, 29, Dec 1, 6, 8, 13
 \$8 per class, \$60 per session
 Instructor: Judy Cates

Highland, Room 8
Saturday, 10:15–11:15 am
 \$7 or \$30 for a five-week class card
 Instructor: Elizabeth Cervantes

Highland, Room 8
Thursday, 11:15 am–12:15 pm
 \$7 or \$30 for a five-week class card
 Instructor: Michele Diel

Palo Duro, Juniper Room
Wednesday, 5:30–6:30 pm (starts in July)
 Instructors: Michele, Judy
 \$8 or \$7/class for two or more classes, payable at first class

Zumba® Gold Classes

Check out this fun new dance/aerobic class. Zumba is a fusion of Latin and international music creating a dynamic and exciting workout experience. No dance experience required.

Bear Canyon, Social Hall
Monday, 3:30–4:30 pm,
July 12–Aug 16
 \$3 per class

Highland, Social Hall
 Call for date and time

Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Thursday, 5:30–6:30 pm
 \$3 per class

Exercise Classes

Introduction to Aerobics

Learn and practice the basics steps used in our popular aerobic classes.

Palo Duro
50+ Sports & Fitness Center
1st Monday, 11:00 am–12:00 noon
 To register please call 880-2800

Aerobics

These fun, low impact aerobics classes combine energizing music with a routine designed to strengthen the cardiovascular system.

Barelas, Social Hall
Tuesday, Friday, 9:15–10:15 am

Bear Canyon, Social Hall
Mon, Wed, Fri, 8:00–9:00 am

Highland, Social Hall
Mon, Wed, Fri, 10:00–11:00 am

Los Volcanes
50+ Fitness Center, Aerobic Room
Mon, Wed, Fri, 8:15–9:15 am,
 5:30–6:30 pm
Mon, Wed, 4:15–5:15 pm

Manzano Mesa, gym
Mon, Wed, Fri, 8:30–9:30 am

Palo Duro, Mesquite Room
Mon, Wed, Fri, 8:30–9:30 am

Body Fat vs. Muscle

Check in with the staff at one of the Fitness Centers for a free, body composition test.

Palo Duro
50+ Sports & Fitness Center
1st Wednesday
 8:00–11:00 am, 5:00–7:00 pm

Los Volcanes
50+ Sports & Fitness Center
3rd Wednesday
 8:00–11:00 am, 5:00–7:00 pm

Manzano Mesa, Fitness Room
2nd Wednesday
 8:00–11:00 am, 5:00–7:00 pm

Open Exercise Video Library

Take advantage of our private aerobic room during our down time. Choose an exercise video from our library to workout at your own convenience.

Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Monday–Friday, 1:00–3:00 pm



Cardio Interval

Weight and cardio training in timed intervals increases strength, builds endurance and tones muscles. The continual change in pace is a great workout for the heart.

Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Saturday, 10:00–11:00 am

Core Toning Workout

A serious mat workout concentrating on buttocks, stomach and thighs. Trim off inches, strengthen midsection and increase muscle mass in 10 sessions. Wear elastic waistband pants or shorts. Registration required.

Bear Canyon, Room 6
Friday, 3:15–4:15 pm
July 9–September 24
October 1–December 10
 Instructor: Kae Sumrall

Palo Duro, Aspen Room
Monday, 3:30–4:30 pm
July 12–September 27,
October 18–December 20
 \$2, Instructor: Kae Sumrall

Enhance Fitness

Safe for physically unfit order adults, including the “near frail” as well as the more active order adult, Enhance Fitness is an exercise program designed to measure your progress. The class meets three times a week and includes cardio, weight training and flexibility components.

Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Monday, Wednesday, Friday
 12:00–1:00 pm

North Valley, Rooms 1 and 2
Monday, Wednesday, Friday
 9:15–10:15 am

Fitball

Target and challenge core muscles with stabilizing and balance exercises. Increase strength, sculpt, define and tone your body with free weights, body weight and stability balls for resistance.

Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Friday, 10:45–11:45 am

Manzano Mesa, Gym
Thursday, 8:30–9:30 am
 Instructor: Janet Porter

Manzano Mesa, East Social Hall
Friday, 4:45–6:00 pm
 \$2.50 per class
 Instructor: Ann Owens

Flex & Tone

Elongate and strengthen your muscles to achieve increased flexibility, improve posture and develop a strong core.

Bear Canyon, Social Hall
Tuesday, Thursday, 8:00–9:00 am

Highland, Social Hall
Tuesday, Thursday, 10:00–11:00 am

Los Volcanes 50+ Sports & Fitness Center, Aerobics Room
Tuesday, Thursday, 8:15–9:15 am

Manzano Mesa, Gym
Tuesday, 8:30–9:30 am

Palo Duro, Mesquite Room
Tuesday, Thursday, 9:30–10:30 am

Get Moving Aerobics

Join this month-long, cardio-aerobics class which incorporates high and low impact choices in an effective workout to burn more fat, use calories, and meet your fitness goals.

Manzano Mesa, Social Hall
Mon, Wed, 5:00–6:00 pm
 \$20 per month or \$2.50 per class
 Instructor: Ann Owens

Gentle Exercise

This is a fun exercise class, performed primarily in a chair. The focus is on resistance training to build strength.

- Barelas, Social Hall
Tuesday, Friday, 10:15–10:45 am
- Bear Canyon, Social Hall
Monday, Wednesday, Friday
9:15–10:15 am
- Highland, Room 8
Monday, Wednesday, Friday
9:00–9:45 am
- Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Monday, Wednesday, Friday
9:30–10:15 am
- Tuesday, Thursday
12:00 noon–1:00 pm
- Manzano Mesa, Gym
Monday, Wednesday, Friday,
10:00–10:45 am
- North Valley, Social Hall South
Tuesday, Thursday, 8:15–9:15 am
- Palo Duro, Mesquite Room
Monday, Wednesday, Friday
9:45–10:15 am

Kettle Bells

Challenge your muscular and cardiovascular system with a full range of motion movements that incorporate the core while working out major muscle groups.

- Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Thursday, 5:30–6:30 pm

Hiking

50+ Sports & Fitness Program Hiking

Walk with the group at a comfortable pace. We promote stopping along the way to view birds, wildlife and wildflowers. Bring your own lunches, snacks and drinks. Prepayment is required to reserve your space on the van.

- Los Volcanes 50+ Sports & Fitness Center
April–October, 2010
3rd Thursday, 7:15 am–4:00 pm
Instructor: Cindy McConnell
- Palo Duro 50+ Sports & Fitness Center
April–October
Tuesday, 7:15 am–4:00 pm
Instructors: Vivian Heyward, Cindy McConnell

Pilates

Learn about core stabilization, muscle balance, and proper alignment while integrating the concepts of mindfulness, fluidity and grace.

- Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Tuesday, 9:45–10:45 am
- North Valley, Room 1 and 2
Tuesday, Starts July 20, 6:00–7:00 pm
\$3 each class
Instructor: Karen Shore
- Manzano Mesa, Room 4
Beginning class
Monday, 5:30–6:30 pm, June 14–Aug 2
\$40 for 8 week progressive session
Instructor: Kathy Weaver
- Palo Duro 50+ Fitness Center
Pilates Reformer Machine Training
Call 880-2800 for class schedule

Open Huachas (Wa-Chas)

Similar to horseshoes but played with large metal washers that are pitched at a 3-inch hole in a 24 x 24 inch platform. Huachas contestants receive points based on how close their washers are to the hole. New to the New Mexico Senior Olympics try your hand at our weekly practices.

- Bear Canyon, Patio
Friday, 10:00–11:00 am
Weather permitting
Instructor: Dottie Otto



Chair Massage

Alleviate aches with massage, as it increases circulation and relieves tightness.

- Los Volcanes 50+ Sports & Fitness Center
\$10 for 15 minutes, Lisa Larsen
Call 839-3710
- Palo Duro 50+ Sports & Fitness Center
\$10 for 15 minutes, Lisa Larsen
Call 880-2800
- Los Volcanes, Lobby
Tuesday, 9:00 am–12:00 noon
Thursday, 9:00 am–12:00 noon
Friday, 11:00 am–1:00 pm
Saturday, 9:00 am–12:30 pm
\$5 for 10 minutes, Rory Armstrong

Open Pickleball

Pickleball is played with a perforated plastic ball and wood composite paddle on a badminton court with the net lowered to 34 inches. Join us for drop in games!

- Manzano Mesa, Gym
Saturday, 9:00–11:00 am
Thursday, 2:00–4:00 pm
- Los Volcanes, Social Hall
Mon, Wed, Fri, 9:30–11:00 am
- Bernalillo Recreation Center, Gym
Mar 2–Sept 28
Tues, Thur, 6:00–8:00 pm
Outdoors anytime
- Roosevelt Middle School, Gym
Tues, Thur, 6:00–8:00 pm
Saturday, 9:00 am–12:00 pm
- Paradise Hills Community Ctr, Gym
Mon, Tues, Thur, Fri, 9:00 am–1:00 pm
Wednesday, 9:00 am–12:00 noon
- Raymond G. Sanchez Community Ctr.
Outdoors anytime
Wed, Fri, 1:00–3:15
- Zuni Court, Outdoors anytime
Instructor: Bill Marshall, 417-9243

Shuffleboard

Join the Silver Shufflers.

- Manzano Mesa
Tuesday, 1:00–4:00 pm
\$1 donation
Information: Floyd Capps 296-8720
Scott Heron 299-7768
E-mail: boogie921@juno.com
Website: www.senior-sports.org

Men's Softball

Practices began in February with league play held on Tuesday and Thursday mornings April–September.

- Bear Canyon Masters 65+
Chuck Halverson, 821-2749
Dick Reitman, 828-9519
- Highland
Ted Garcia, 256-2000 leave message
- Palo Duro
Marc LaChey, 275-2331
Bob Gyers, 294-6401



Table Tennis

Table Tennis is an active, fast-paced game. It is easy to learn and new players are welcome.

- Barelas, Social Hall
Monday, Tuesday, Wednesday, Friday
8:00 am–5:00 pm
- Bear Canyon, Social Hall
Monday, Friday, 1:30–5:00 pm
Wednesday, 10:15–11:15 am
Thursday, 9:30–11:00 am
Saturday, 9:00–11:30 am, 1:00–3:00 pm
- Manzano Mesa
Monday–Friday, 8:00 am–9:00 pm
Saturday, 9:00 am–3:00 pm
- North Valley, Social Hall
Monday, 2:00–5:00 pm
- Palo Duro, Mesquite Room
Saturday, 9:30–11:30 am



T'ai Chi

T'ai Chi

A holistic way to health and happiness based on the gentle movements presented in a unique way for healing mind and body and engaging the spirit.

Los Volcanes, Room 2

Wednesday, 12:00 noon–1:00 pm

Saturday, 11:00 am–12:00 noon

\$3, Instructor: Jim Dell



T'ai Chi Chih

Easy, gentle movements that balance the internal energy (Chi)

Palo Duro, Aspen Room

Continuing Class

Wednesday, 5:30–6:30 pm



Bear Canyon, Room 5

Beginning

Wednesday, 3:00–3:30 pm

Instructor: Edina Lock

Manzano Mesa

Beginning

Saturday, 12:00 noon–1:00 pm

Instructor: M. Irvin, 6-week class



Bear Canyon, Room 3

Practice

Wednesday, 11:30 am–1:00 pm

Instructor: Mary Moriarty

Bear Canyon, Room 5 and 6

Practice

Wednesday, 3:30–4:30 pm

Instructor: Edina Lock

Highland, Room 7

Practice

Friday, 9:00–10:00 am, Self-directed

T'ai Chi Ch'uan

A form of martial arts, that provides a cardiovascular workout and improves balance.

Bear Canyon, Social Hall

Thursday, 9:30–11:00 am

Instructor: John Young

Bear Canyon, Social Hall

Beginning

Saturday, October 9, 2010–

June 25, 2011

11:30 am–1:00 pm

Instructor: John Young



Bear Canyon, Lobby

Discussion Group

1st & 3rd Tuesday, 1:00–2:30 pm

Instructor: John Young

Highland, Room 8

Discussion Group

Thursday, 9:30–10:30 am

Instructor: Master Dug Corpolongo

North Valley, Room 1 and 2

Discussion Group

Monday, 1:00–2:00 pm

Instructor: James McIntire

T'ai Chi-Gong

Chi-gong is a combination of meditation, breathing and gentle movement using and applying Taoist, Buddhist, and yoga techniques. Improve your balance, flexibility and stamina, also decrease stress and improve your general sense of wellbeing.

Los Volcanes 50+ Sports & Fitness

Center, Aerobic Room

Wednesday, 10:30–11:30 am

\$3, Instructor: Diane M. Chase, M.A.

The 50+ FANTASTIC! FREEZE FEST!

Because we love cool winter sports!

Winter Sports Competitions in Cross-Country Skiing, Downhill Skiing, Snowboarding, Snowshoeing, and Ice Hockey.

For information and to pre-register call or visit Palo Duro 50+ Sports & Fitness Center 3351 Monroe, NE, 880-2800.

Volleyball Pick-up Games

Join the 50+ volleyball players for drop-in matches.



Wells Park Community Center, Gym

Monday, 6:00–8:00 pm

Instructor: Dora Gunkel

Wilson Middle School, Gym

Saturday, 8:00 am–12:00 noon

Beginning in September

Instructor: Dora Gunkel

Manzano Mesa, Gym

Monday, Friday, 5:00–7:00 pm

Thursday, 6:00–9:00 pm (Ages 18+)

Saturday, 1:00–3:00 pm (Ages 50+)

Wii Video Fitness, Yoga and Sports



The Wii is a truly unique and physically interactive experience. Customize your fitness workouts with the Wii Fit or come and play the Wii Sports program. Available upon request.

Los Volcanes

50+ Sports & Fitness Center

Palo Duro

50+ Sports & Fitness Center

Walk About Albuquerque

Learn different types of walking techniques, safety tips and how to use a pedometer and walking poles. Included in the fee is a pedometer, walking charts, handouts, instruction and transportation to the different sites. Departure times vary from 7:15–8:45 am, depending on the destination. Call 880-2800.

Palo Duro

50+ Sports & Fitness Center

Monday Walks

Session III: Aug 16–Sept 27

Wednesday Walks

Session III: Aug 18–Sept 22



Dance to live music.
Page 17.



Weight Training

Weight Training Orientations



Take advantage of our no cost fitness facility orientations. Orientations may be scheduled by appointment at the following locations:

Los Volcanes
50+ Sports & Fitness Center
Call 839-3710 for appointment

Palo Duro
50+ Sports & Fitness Center
Call 880-2800 for appointment

Manzano Mesa, Fitness Room
Call 275-8731 for appointment

North Valley, Fitness Room
2nd Monday
Call 761-4025 to register

Weight Training 101

Designed for those who have not been particularly active and/or have no experience in the gym. Learn the fundamentals of weight lifting and gain the skills to feel confident and be successful in the weight room. All you need is comfortable clothing and athletic shoes.



Palo Duro
50+ Sports & Fitness Center
Call 880-2800 to register

Weight Training in Aaron's Group Class

Join Aaron, an A.C.E. certified personal trainer, for this six week group weight training class. Call 264-7341 or 880-2800 for class schedule.

Palo Duro 50+ Sports & Fitness Center
\$150 for the 6 weeks

Free Weight Training

This course will instruct the novice lifter on safe and proper free weight lifting techniques to be used as an alternative, or in conjunction with, the workout machines to provide variety in obtaining fitness goals.

Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Last Monday & Wednesday
12:30–1:30 pm

Resistance Training Class

Each week the class focuses on a different style of training; circuit, heavy, high-rep, supersets and flexibility training. You will receive a custom training card for each session, so by the end of the six weeks, you will have 12 new routines! Class size is limited—sign up early.



Palo Duro
50+ Sports & Fitness Center
Tuesday, Thursday, 5:45–6:45 pm
Class 1: June 15–July 22
Class 2: August 10–September 16
\$150 for six week class
Instructor: Jacquie Davis 239-9399

BFit2Ski—Cardio and Weight Training Class

Get in shape for the slopes with this circuit class. Target the muscles used for skiing and increase strength, balance and stamina.



Manzano Mesa,
West Social Hall
Class 1: Wednesday, Oct. 6–Nov. 10
Class 2: Wednesday, Nov. 17–Dec. 22
6:30–7:30 pm
Instructor: Kathy Weaver
\$40 for six week session

Palo Duro
50+ Sports & Fitness Center
2 separate classes per session
Class 1: Tuesday, Oct 5–Nov 9
Class 2: Thursday, Oct 7–Nov 11
Class 3: Tuesday, Nov 16–Dec 21
Class 4: Thursday, Nov 18–Dec 23
5:45–6:45 pm
\$40 for six week session
\$75 for 2 sessions
Instructors: Davis, Carruthers

Training for 50+

This class concentrates on strength conditioning, improving balance and flexibility.

Palo Duro
50+ Sports & Fitness Center
Wednesday, Friday, 2:00–3:00 pm
July 21–August 27
\$150 for 6 week class
Instructor: Barbara Kercsmar



Yoga Classes

Yoga

These classes combine core management methods with mind/body/breath discipline to reduce physical and mental stress and lengthen muscles. Yoga will improve posture and core strength, as well as reduce lower back pain and increase muscle flexibility.

Barelas
Monday, Thursday, 9:15–10:15 am
Instructor: Dolly Sanchez

Bear Canyon, Room 6
Thursday, 1:30–2:30 pm
Thursday, 2:30–4:00 pm
Instructor: Kae Sumrall

Palo Duro, Aspen
July 6, 13, 20, 27,
Aug 10, 17, 24, 31, Sept 7, 14
Tuesday, 3:30–4:30 pm

Palo Duro, Ponderosa
July 21, 28, Aug 11, 18, 25, 31,
Sep 1, 8, 15, 22, 29
Wednesday, 5:30–6:45 pm
Instructor: Kae Sumrall



Highland, Room 7
Wednesday, 1:15–2:45 pm

Los Volcanes 50+ Sports & Fitness Center, Aerobics Room
Saturday, 8:00–9:15 am
\$3 per class
Instructor: Kathy Crisp



Manzano Mesa, East Social Hall
Monday, 6:10–7:00 pm
\$25 per month
Instructor: Ann Owen

Yoga, Hatha

Gentle yoga with an emphasis on stretching and breathing.

Los Volcanes, Room 2
Monday, Thursday, 2:00–3:00 pm
\$4 per class
Instructor: Maebi Richards

Yoga, Hatha-Plus

This class combines Hatha yoga and core body work.

Manzano Mesa, Room 4
Friday, 9:00–10:00 am
Instructor: Janet Porter

Yoga, Hatha—Qi Gong

These classes specialize in breathing and Hatha yoga postures. Breathing revitalizes the brain and internal organs with oxygen, and postures keep the spine supple and healthy. This class will help lower your blood pressure and calm nerves.

Manzano Mesa, Room 5
Wednesday, 9:00–10:00 am
Instructor: Dee Cappelle

Yoga—Kundalini

Kundalini, an electric, fiery, occult life force, is a spiritual power that brings in energy, expands the mind, and opens new thinking.

Manzano Mesa, Room 4
Wednesday, 10:00–11:00 am
Instructor: Lucille Mulcahy

Gentle Stretch & Strengthen

Los Volcanes, Room 2
Friday, 9:30–10:40 am
July 30–September 24
Jody Ford

Dance Classes • Page 31

For more information: www.cabq.gov, your local senior center, and in the 50+ Sports & Fitness Catalog (available in October or 2010)

Groups & Clubs

Acting

Senior Theater

The plays we are starting are light comedy, mystery, and melodrama. The dress rehearsal and production takes place in the spring. We need help with stage, lights, sound, make-up, costumes, props, scripts as well as actors.

Bear Canyon, Room 4
Tuesday, 3:30–5:00 pm
 Instructor: Shirley Tanzola

Drama Club

All interested seniors are summoned for behind the scenes and acting positions. Everyone is welcome to sign an interest list at the front desk.

Highland, Room 7
Tuesday, 3:15–5:00 pm
 Instructor: Roberts

Chill out with us at Manzano Mesa's

WATER SPRAYGROUND



Manzano Mesa
Multigenerational Center
 Opens Memorial Day
 M–F 11am–3pm
 Information: 275-8731

Vintage Players

Members read and perform monologues, readings, skits, one-act plays and original material.

Manzano Mesa, Room 4
4th Saturday, 10:00 am–12:00 noon
 Janet Porter



Arts and Crafts

Colored Pencil Society

Bear Canyon, Room 4
4th Saturday,
12:00 noon–3:00 pm
 Granville Chorn



Project Linus

Sandians who enjoy sewing, get together to make blankets for Project Linus. These blankets are given to children in area hospitals and shelters for homeless and abused children.

Manzano Mesa, Social Hall
2nd Saturday, 9:00 am–1:00 pm
 Darline Polonis



Auto and RV Clubs

Aristocrat Social Club

Caravaners promote recreational vehicle use and camp out monthly. Members are required to own a self-contained recreational vehicle.

Highland, Room 7
3rd Wednesday, 1:00–4:00 pm

Corvairs of New Mexico

Highland, Room 8
1st Wednesday, call center for time

Siglo De Oro R.V. Club

Excursions around the state and beyond will highlight our travel season. Join us for our monthly business meeting and trip signup, followed by a “get together” luncheon at a local restaurant.

Bear Canyon, Social Hall West
3rd Tuesday, except August,
10:00–11:00 am
 Jim Whittmore

Theater Trips • Page 11

Discussion & Book

Bible Discussion Group

We discuss how the Bible is relevant to our personal lives and try to answer questions using scripture as a guide.

Manzano Mesa, Room 4
Thursday, 10:00–11:00 am
 George Jacobson

Women's Bible Study

A group of women from several faiths/denominations gather weekly to study the Bible and socialize.

Manzano Mesa, Room 5
Tuesday, 11:00 am–1:00 pm
 Ann Foreman

Bible Basics

Join in the fun learning experience of discovering the Bible.

Bear Canyon, Room 5
1st, 3rd, 5th Tuesday, 1:30–3:00 pm
 Rebecca Hunt

North Valley, Room 3
Thursday, 9:30–11:00 am
 Chavez

Los Volcanes, Room 1
Tuesday, 9:30–11:30 am
 Aranda, Balboa, Ramirez
 Instructors will vary by topic

Barelas, Room 4
Wednesday, 10:00–11:00 am
 Baca

Classic and Great Books

Energize your mind.

Bear Canyon, Room 3
2nd & 4th Friday, 1:00–3:00 pm
 Kathy Nunn

The Novel Etc. Book Club

Join us for an hour of discussing books of all kinds.

Highland, Room 2
3rd Saturday, 3:00–4:00 pm



Mystery Book Club

Join the mystery and audio book club. A title is announced at each meeting and discussed the following month.

Palo Duro, Ponderosa Pine
2nd Tuesday, 1:30–4:30 pm

Discussion Group

Discuss ideas, values and problems of the times. Ongoing, attend at any time.

Palo Duro, Aspen
Thursday, 1:00–3:00 pm
 Zahnle

Current Events Discussion Group

Topics are suggested at the weekly meetings. Talk about ideas, values and problems of the times. People are welcome to attend at any time. Special guest speakers are invited on occasion.

Bear Canyon, Room 1
Tuesday, 11:00 am–12:30 pm
 Jerry Lehnus

Community Groups

Guardianship Meeting

Highland, Room 8
2nd Wednesday, 11:30 am–1:00 pm

Los Alamos Neighborhood Association (LAANA)

LAANA is in the 4th and Montañito area; bounded by Sandia Rd. on the south, Alamosa Rd. on the north, 4th St. on the west, and the Gallegos Lateral (along 2nd) on the east.

North Valley, Social Hall
 Times and Dates TBA
 Mary Turpin

Dance

All Star Youth Hip Hop

Open to boys and girls [5–15], 40-minute lessons for all levels.

Manzano Mesa, Room 4
Thursday, 6:00–8:00 pm
 David Vigil
 \$12 registration, \$6 per lesson

Sophisticated Ladies

This established dance group entertains within the community. They dance as a group, in pairs and individual dances to fabulous Broadway show tunes.

Manzano Mesa, East Social Hall
Tuesday, 1:00–3:00 pm
 Shirley Smith

Family

Genealogy Club

Learn to research your family history using internet sources, including tools and references on how to get started. No registration required.

Bear Canyon, Room 2
3rd Friday, 12:30–2:30 pm
 LeChey, Otahal, Holub

Reclaiming Families

This community outreach project, seeks to engage children of working refuge families in meaningful activities.

Manzano Mesa, Room 4
2nd & 4th Monday, 6:30–7:30 pm
 Nzaki Sinandile

Grandparents Raising Grandchildren

Bear Canyon, Rooms 1 and 3
 Resumes in September
 (off for the Summer)
2nd Thursday, 6:00–7:30 pm
 Betsy Stilson

Foster Grandparent Program Advisory Council

North Valley, Room 4
3rd Wednesday, 11:30 am–1:00 pm
 Renee Chavez 764-1612

Music

Alb. Accordion Club

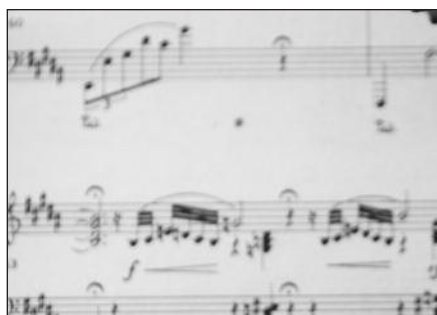
Bear Canyon, Room 6
2nd Thursday, 8:00–9:00 pm
 Dan Wright

Beartones A Cappella Group

This is a four part (soprano, alto, tenor and bass) singing group. Ability to read music is a plus. Contact director prior to enrollment at 293-8445 or bobmeadows@aol.com. No registration required.

Bear Canyon, Room 1
Thursday, 10:00 am–12:00 noon
 Instructor: Bob Meadows, director

Music Classes • Page 28



Choralaires

No musical training is required. This group also performs at community venues.

Palo Duro, Cottonwood
Monday, 9:00–11:30 am

Community Drum Circle

Discover the joy of rhythmic music making! Make new friends, drum away stress, exercise your mind, body and spirit. No drumming or musical experience is required, just a willingness to have some fun and play! Ages 8+ welcome.

Manzano Mesa, Room 4
3rd Friday, 7:00–9:00 pm
 Giselle Felicia Vivian
 \$8 Adults, \$6 Seniors 65+ and
 Teens, \$4 Youth, 8–12 free

Guitar Group

For those who can play guitar in the keys of C-D-G-etc. Bring your own instrument and a music stand. We welcome musicians, amateurs and professionals. No registration required.

Bear Canyon, Room 4
Monday, 2:00–4:00 pm
 Instructor: Benavidez

Los Volcanes, Room 10
Thursday, 10:00–11:00 am
 Instructors: Salas, Gonzales

North Valley, Social Hall
Tuesday, Friday, 10:00–11:45 am
 Al Garcia

HighToners

HighToners are open to those who read music or want to learn. They perform at many different community events.

Highland, Room 7
1st, 2nd & 3rd Friday
10:30 am–12:00 noon
 Instructor: Frank Johnson,
 Senior Arts

Highland Harmonizers

The Harmonizers perform all over town. New singers are welcome to join at any time.

Highland, Room 7
Wednesday, 10:00 am–12:00 noon
 Instructor: Connie Devers

Palo Duro Band Practice

Open to members who play an instrument

Palo Duro, Aspen
Friday, 1:00–2:30 pm

Bear Canyon Sing-Along

This group meets to play and sing folk tunes accompanied by autoharp and guitar. Participants must be familiar with their instrument.

Bear Canyon, Room 4
Monday, 4:00–5:00 pm
 Instructor: Eleazar Benavides

Sing-Along

Join us for an afternoon of singing! Accompanied by 2–3 guitarists, this group sings and plays a variety of songs.

Manzano Mesa, Room 4
Tuesday, 1:00–2:15 pm
 Richard Mabry

Digital Camera Classes • Page 21

Albuquerque Historic Aviation Society

A group is for aviation lovers to spend time visiting with fellow enthusiasts.

Bear Canyon, Rooms 5 and 6
1st Thursday, 7:00–9:00 pm
 Harry Davidson 256-7212

Albuquerque Wildlife Federation

A member-based conservation organization affiliated with the New Mexico and National Wildlife Federations.

Manzano Mesa, Room 3
2nd Thursday, 6:00–8:45 pm
 Gene Tatum

Digital Camera Users Group

This group has evolved from digital cameras to include a full range of digital photography. Discussions include, cameras and their operation, photographic techniques, new developments etc. No registration required.

Bear Canyon, Room 2
2nd Thursday, 10:00–11:30 am
 Ray Elosua

Camera Club

Come and share photos, techniques and interest. Field trips are included.

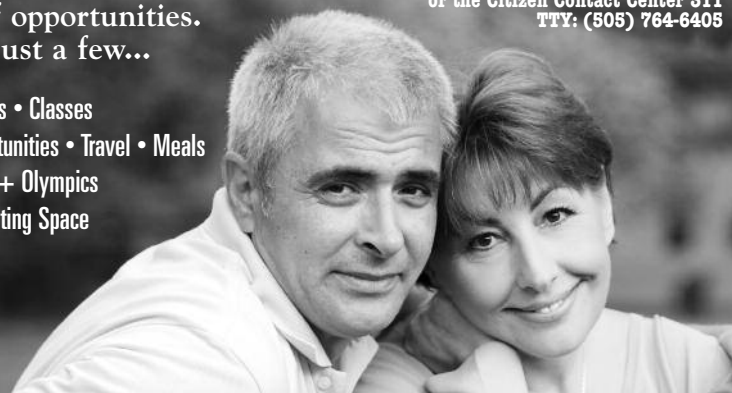
Palo Duro, Ponderosa Pine
2nd Friday, 1:00–3:00 pm • Joyner

There is something for everyone under our umbrella

Membership entitles you to a world of opportunities. Here are just a few...

Fitness Programs • Classes
 Volunteer Opportunities • Travel • Meals
 Albuquerque 50+ Olympics
 Community Meeting Space
 Computer Labs
 and much more!

For information call: 764-6400
 The Department of Senior Affairs
 or the Citizen Contact Center 311
 TTY: (505) 764-6405



Center memberships are only \$13 a year!



Special Interests

Investment Club

The club follows the NAIC study program.

Palo Duro, Ponderosa Pine
3rd Wednesday, 10:00 am–12:00

Philatelic Club

Join us for mixtures, the trading circuit and door prizes.

Palo Duro, Ponderosa Pine
Monday, 11:30 am–3:00 pm

Rock Hound Club

Palo Duro
Meetings: 1st & 3rd Thursday
11:00 am–12:00 noon
Trips: 2nd & 4th Thursday
8:15 am–4:30 pm
5¢ per mile, Harris

Weight Watchers

Los Volcanes, Social Hall
Saturday (on-going)
Weigh in: 9:30 am
Meeting: 10:00–11:00 am
\$39.95 monthly pass, \$119 for 10 weeks of meetings, \$13 weekly fee

Zia Sundials, Chapter #106

Members of the National Association of Watch and Clock Collectors, the Sundials are enthusiasts and collectors of horological items.

Bear Canyon, Room 4
2nd Saturday, 12:00 noon–3:00 pm
Bob Sherman

Self Defense

All-Star Youth Karate

For ages 4–16, this karate/self defense program covers martial art techniques, emphasizing self-defense and child safety awareness.

Manzano Mesa, East Social Hall
Wednesday, 6:00–9:00 pm
David Vigil,
to register: 899-1666

Kendo Kai

A Japanese martial art of fencing.

Manzano Mesa, East Social Hall
Friday, 6:00–8:00 pm
Davis Begay

Weight Training · Page 35

Iron Olympian Karate

Develop physical strength, discipline, balance, coordination and self-esteem. Class includes breakaway techniques and safety awareness.

Manzano Mesa, Room 3
Tuesday, Wednesday, 7:00–9:00 pm
Instructor: Chris Nowak

Personal Defense Club Close Quarter Combat

Provides a place to learn, teach and practice personal fighting skills. It is not associated with any traditional Asian art or sport.

Manzano Mesa, Room 4
Tuesday, 7:30–9:00 pm
\$10 per month
Instructor: Dr. Sean Ross

Karate/Self Defense

Classes include training in self defense, basic karate forms and katas. (Okinawan self defense dancing movements) and are structured for people who may have some physical limitations or movement issues. Improve self confidence, physical performance and overall health.

Los Volcanes, Room 2
Friday, 1:00 pm–3:00 pm
Denis Rosenberg

Senior Issues

AARP Chapter #4380

The meeting serves as a focal point for seniors wanting information on local, governmental and legislative issues relating to the senior population. Open to anyone 50 years of age or older.

Bear Canyon, Room 4
2nd Thursday
Board Meeting, 1:00–1:30 pm
Presentation, 1:30–2:30 pm
\$5 Annually, Jan Caron

Grey Panthers

Advocates for senior issues.

Highland, Room 7
4th Saturday, 12:00 noon–2:00 pm

Retired Public Employees

Group addresses issues related to public employees who have retired: benefits, insurance, monthly pay, etc.

Retired Public Employees Association (RPEA)
Bear Canyon, Rooms 5 and 6
2nd Friday, Jan, Apr, Jul, Oct
1:00–2:00 pm
McCormick 323-5923

Chapter 5 Retired Public Employees of New Mexico
Highland, Room 7
Call center for next date

Retired Physicians Group

Palo Duro
Monday, 3:00–4:30 pm
Coordinator, Dr. Castillo

NARFE Chapter 80

Then National Association of Retired Federal Employees is committed to preserving federal retirement and health benefits by promoting the protection of federal employee benefits. Membership is open to civilian employees, retirees, survivors and spouses with at least 5 years of federal government service.

Palo Duro, Mesquite Room
1st Saturday, 12:00 noon–1:00 pm

Social Networking

CBI Group

Open to Veterans of World War II who served in China, Burma or India.

Palo Duro, Ponderosa Pine
4th Wednesday, 10:00 am–12:00
Laben

Cherokees of New Mexico

Manzano Mesa, Room 4
3rd Saturday, 12:00 noon–3:00 pm
Bob Leach

Peer Counseling

This group promotes health, vital aging through individual and group counseling services.

Los Volcanes, Room 10
Friday, 10:00 am–12:00 noon
O'Hara

Red Hat Society

Join your senior sisters across the nation, even the world, and greet middle age with verve, humor and frivolity. The only criteria for joining are willingness to share and a red hat.

Bear Canyon, Room 5
Enchanting Red Hat Bear Beauties
3rd Wednesday, 1:00–2:30 pm
Barbara Broussard

Highland, Room 4
4th Thursday, 1:00 pm

Los Volcanes, Room 1
2nd Tuesday, 11:30 am–1:00 pm

Manzano Mesa, East Social Hall
3rd Thursday, 10:00–11:30 am
Pauline MacPherson

Palo Duro
1st Saturday, 11:00 am–12:30 pm

Sister Cities

This City sponsored program is designed to foster cultural and commercial exchange between Albuquerque and its nine sister cities.

Manzano Mesa, Social Hall
Meets 5 times a year, dates TBA
\$10 senior membership, \$20 general
Maja Whittington

Sociable Singles Group

Dedicated to helping single men and women have a satisfying social life and develop new friendships.

Bear Canyon
Luncheon, Social Hall
1st Tuesday, 11:30 am–1:00 pm
Meeting, Room 5
3rd Friday, 3:00–4:30 pm
Social, Room 3
4th Thursday, 5:00–9:00 pm
Bring your own food, visit, play games
Dorothy Cillessen, 296-1765
or Mary Peterson, 821-3101

Society for Creative Anachronism

Barony of al-Barran, Monthly Citizens's Meeting. Come hear what is happening in al-Barran!

Manzano Mesa, Room 5
3rd Tuesday, 6:00–9:00 pm
Greg Vickery

Support Groups · Page 39

Vietnamese Senior Assn.

Meet to visit and enjoy social contact with other Vietnamese and to take trips within the community.

Manzano Mesa, Room 4
Saturday, 9:00 am–12:00 noon
 Nguyen Hanh



Sports Groups

Fishing Club

Fisherman and fisherwomen, join us for a lot of fun and camaraderie.

Bear Canyon, Room 4
 Club Meeting: Monday before fishing trips at 1:00 pm, call center for dates
 Ken Nau

Los Volcanes, Room 2
Meets: 2nd, 4th Tuesday, 10:00 am
Trips 2nd, 4th Thursday, 6:00 am
April–October

Palo Duro
Trips every other Tuesday,
6:00 am–4:00 pm
 5¢ per mile, Francke

Barelas
Trips: Tuesday, 6:00 am
Meets: Tuesday, 12:00 noon

Bowling Group

This group drives to Rio Rancho for a fun, and exciting day of bowling.

Los Volcanes
Tuesday, 11:30 am–3:30 pm

NM Table Tennis Federation

Join this group of enthusiastic seniors and adults who play table tennis daily. Call 261-7444 for information.

Manzano Mesa, Game Room
Monday–Friday, 9:00 am–12:00 noon
Saturday, 9:00 am–3:00 pm
 Rick Massoth



Zia Rifle and Pistol Club

The club promotes participation in shooting sports, with emphasis on range and field safety.

Bear Canyon, Room 5
3rd Thursday, 7:00–9:00 pm
 Grant Reel, President

Airgun Practice • Page 30

Find us online: [www.cabq.gov \(seniors\)](http://www.cabq.gov (seniors))

Support Groups

Receive support and education. Open to patients, families, and friends.

Albuquerque Council of the Blind
Highland, Room 7
2nd Saturday, 1:30–3:30 pm

Alzheimer's Support Group
Bear Canyon, Room 1
3rd Friday, 10:00 am–12:00 noon
 Barbara Michaels, 266-4473

Essential Tremors Support Group
Palo Duro, Ponderosa Pine
3rd Saturday, 10:00 am–12:00 noon

Grief Support Group
Bear Canyon, Room 3
Monday, 8:30–10:00 am
 Joanne Rupprecht

MS Support Group
Palo Duro, Juniper
3rd Monday, 2:00–4:00 pm

Prostate Cancer Support
Association of NM, Inc.
Bear Canyon, Rooms 5 and 6
1st & 3rd Saturday, 12:30–3:00 pm
 Joseph Nai, 254-7784

Travel Clubs

Travel Talk

Exchange ideas, experiences, travel tips and advice.

Highland, Room 8
2nd Wednesday, 2:00 pm
 Lane, Williams

Albuquerque Travel Partners

We bring together lively seniors to discuss potential travel ideas for local, cross country and international trips.

Palo Duro, Piñon
2nd & 4th Tuesday, 1:00–2:00 pm



There is something for everyone under our umbrella

For information call: **764-6400**
The Department of Senior Affairs
or the Citizen Contact Center 311



Membership entitles you to a world of opportunities. Here are just a few...

Fitness Programs: Palo Duro and Los Volcanes 50+ Sports and Fitness Centers, ages 50+ (880-2800) Manzano Mesa Fitness Room, ages 18+ (275-8731) Aerobics, weight training, dance, hiking, competitive events, winter sports

Classes Languages, health/nutrition, financial management, arts, computers, music, history

Travel Opera, ski trips, day/overnight trips

Meals Breakfast/lunch, salad bar

Volunteer Opportunities Special events, drivers, instructors, office, kitchen, traditional/non-traditional, etc.

Albuquerque 50+ Games

Community Meeting Space

Computer Labs WiFi at all centers.

Planet 50+ Evening and weekend programs.

Center memberships are only \$13 a year!



CITY OF ALBUQUERQUE

DEPARTMENT OF



BERNALILLO COUNTY
 SENIOR AFFAIRS



turning 65?

a new choice for you.

Compare the benefits of the new Lovelace Senior Plan to any other plan in town, and we'll come out ahead. Lovelace gives you access to more hospitals, healthcare centers and caring doctors and specialists than any other plan, with a few additional pluses – no deductibles, low co-payments and competitive pharmacy benefits.

Go to www.medicare.gov or feel free to call Lovelace Senior Plan at 505.727.5300 or TTY/TDD 711 if you have questions.

At Lovelace, helping seniors live longer, healthier, more active lives is more than a commitment – it's one of our specialties.



*Fewer dollars.
More sense.*



lovelaceseniorplan.com

Lovelace
Senior Plan